The BBQ Baker, Out of the Ord Mango Chicken Curry

A sweet yummy curry served with rice.

Ingredients:

- 3 x fresh mangoes, cheeked
- 1 x brown onion, sliced
- 1 x capsicum, sliced
- 2 x cloves garlic, crushed
- 2-3 chicken breasts, sliced
- 2 tbsp. fresh ginger, finely grated
- ½ tsp. ground cumin
- ½ tsp. turmeric
- ½ tsp. ground coriander
- ¼ tsp. cayenne pepper
- 1 x 440gr. coconut cream
- Garnishes: chilli and fresh coriander



Instructions:

For a BBQ or Oven baked curry

- 1. Pre-heat BBQ/oven to 180 degrees Celsius.
- 2. Cheek mango flesh and using a stick blender, blend to a puree.
- 3. Fry onion, capsicum and garlic, until softened, add the chicken and fry to seal the meat.
- 4. Place everything into a ceramic baking dish with a lid.
- 5. Add ginger and spices to the mango puree, blend again, then stir in the coconut cream.
- 6. Pour the mango mixture on top of the chicken in the baking dish, and place lid on top.
- 7. Bake for 2 hours.
- 8. Serve with rice, chopped green chilli and coriander

Notes:

Find online: Here at the BBQbaker.com