

Mango & Chicken Casserole

Tana Ramsay, 3-4 people

Prep 25 mins, Cook 2 hours

Ingredients

- Olive Oil, 2 tablespoons○
- Butter, 2 tablespoons○
- Chicken Breast, 1kg, skinless and boneless○
- Large Onion, 2○
- Large Mango, 2, peeled and diced○
- Chicken Stock, 400ml○
- Lemon Zest, 1 whole lemon○
- Ground Cinnamon, 1 teaspoon○
- Ground Coriander, 1 teaspoon○
- Single Cream, 250ml○
- Water, 1 tablespoon○
- Lemon Juice, 1 whole lemon○
- Flour, 2 teaspoons○

Serve dish with plain rice.

Instructions

1. Preheat the oven to 190°C.
2. Brown the chicken pieces, oil, and butter in a frying pan, and then transfer to a casserole dish.
3. Fry the onion until soft and add to the chicken.
4. Gently fry mango pieces over a low heat for about 4 minutes, turning frequently.
5. Stir in the lemon zest (not juice), coriander, cinnamon, and chicken stock, bring to a boil, and then pour over the chicken. Cover the dish and bake in the oven for 1 hour.
6. Pour everything from the casserole dish into the frying pan. Take the chicken pieces out and put back into the casserole dish and cover.
7. Put the rice on and cook as directed.
8. Turn up the heat and bring to the boil, letting it reduce down and thicken.
9. Turn down the heat and stir in the cream.
10. Mix the flour, lemon juice, and water and beat into the mixture.
11. Simmer together for a few minutes, and then pour over the chicken and serve on a bed of rice.