



Malaysian Mango Chicken Curry



This Malaysian inspired mango dish always has people wanting more.

By Tom Flannery

Prep: 20 mins

Cook: 20 mins

Total: 40 mins

Servings: 2

Yield: 2 servings



Ingredients

1 tablespoon vegetable oil
½ pound skinless, boneless chicken breast, cubed
½ cup chicken stock
1 tablespoon soy sauce
1 tablespoon cider vinegar
1 ½ tablespoons brown sugar
1 teaspoon curry powder
1 tablespoon cornstarch
½ onion, diced
1 green bell pepper, sliced
1 red bell pepper, sliced
2 teaspoons minced fresh ginger root
1 mango, peeled and cubed

Directions

Step 1

Heat vegetable oil in a large skillet over medium-high heat and stir in the chicken breast. Cook the chicken breast until no longer pink in the center. Transfer cooked chicken to a plate. Meanwhile, whisk together the chicken stock, soy sauce, vinegar, brown sugar, curry powder, and cornstarch. Set aside.

Step 2

Using the same skillet, cook and stir the onion over medium heat until the onion has softened and turned translucent, about 5 minutes. Stir in the green and red bell peppers and cook for 2 minutes, then add the ginger and cook for another minute. Stir in the chicken stock mixture and the cooked chicken breast. Cook until the sauce has thickened. Drop mango in and cook until the mango is heated through.

Nutrition Facts

Per Serving: 361 calories; protein 29g; carbohydrates 42g; fat 9.1g; cholesterol 66.1mg; sodium 707.9mg.

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