

Malaysian Mango Chicken

Ingredients

- 8 oz skinless and boneless chicken breast or thigh, cut into bite sized pieces
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 2 dash black pepper
- 1 teaspoon cornstarch
- 2-3 tablespoons tomato puree
- 2 tablespoon chili sauce
- 1 tablespoon oyster sauce
- 1 tablespoon Worcestershire sauce
- 1 tablespoon A1 steak sauce
- 1 teaspoon honey
- 2-3 tablespoons pineapple juice
- 1/2-1 teaspoon apple cider vinegar
- Sugar and salt to taste
- 1/2 onion, quartered
- 1/2 red bell pepper, cut into chunks
- 1/2 green bell pepper, slivered into 1-inch lengths
- 2 tablespoons oil
- 1/2 medium ripe green mango, peeled, pitted, and slivered

Steps

1. Marinate 8 oz chicken chunks in the following:
 - 1/2 tsp sugar
 - 1/2 tsp salt
 - 2 dash black pepper
 - 1 tsp cornstarch
2. Mix the following in a bowl:
 - 2-3 tbsp tomato puree
 - 2 tbsp chili sauce
 - 1 tbsp oyster sauce
 - 1 tbsp Worcestershire sauce
 - 1 tbsp A1 steak sauce
 - 1 tsp honey
 - 2-3 tbsp pineapple juice
 - 1/2 - 1 tsp apple cider vinegar
 - Sugar and salt to taste

3. Heat up a little oil and stir fry the following:
 - 1/2 onion, quartered
 - 1/2 red bell pepper, cut into chunks
 - 1/2 green bell pepper, slivered into 1-inch lengths
4. Heat up 2 tbsp oil in a wok and toss in:
 - Marinated chicken
 - 1/2 medium ripe green mango, peeled, pitted, and slivered
5. Swirl for 1 minute. Cover wok and simmer on medium-high heat for another 2 mins
6. Remove wok cover, add in sauce mixture and bring to a quick boil. Cover wok, turn heat to medium-low and let simmer until chicken is thoroughly cooked
7. Toss in onions and peppers, stir well, salt and sugar to taste
8. Dish up and serve with white rice