



Mambo Chicken with Mango Salsa

Recipe courtesy Bob Blumer

Total Time:

2 hr 35 min

Prep: 15 min

Inactive: 2 hr

Cook: 20 min

Yield:

4 servings

Level:

Easy

Ingredients

Chicken:

8 boneless, skinless, chicken thighs (or 4 skinless, boneless chicken breasts)

3 garlic cloves, minced

2 tablespoons freshly grated ginger

1/4 cup tamari sauce or soy sauce

1/4 cup freshly squeezed lime juice

Mango Salsa:

2 mangos, peeled, pitted, and cut into 1/4-inch cubes

3 tablespoons freshly squeezed lime juice

1 to 2 jalapeno chilies, seeds and membranes removed, minced

3 green onions, finely sliced

2/3 cup lightly packed fresh cilantro leaves, stems discarded, coarsely chopped

Directions

Rinse the chicken thoroughly under cold running water. Pat dry with a paper towel. In an oven-proof baking dish combine the remaining ingredients. Add the chicken and turn several times to mix the ingredients.

Cover with aluminum foil and marinate for 2 to 4 hours in refrigerator.

Combine all the salsa ingredients in a bowl and mix thoroughly with a fork. Reserve.

Preheat oven to 375 degrees F.

Transfer covered baking dish to oven and bake for approximately 20 minutes, or until chicken is cooked throughout.

To serve, spoon a generous serving of salsa onto plate and top with 2 thighs.

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