

Less than 45 minutes

Serves 4

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Ingredients:

- Glug olive or canola oil
- Salt and milled pepper
- 4 chicken breast fillets
- 1 onion, diced
- ½ green and red pepper, cubed
- 2 cloves garlic, crushed
- ½ tsp (3ml) chilli flakes (optional)
- 2 Tbsp (30ml) soy sauce
- 2 Tbsp (30ml) Sriracha or hot sauce
- 2 Tbsp (30ml) tomato sauce
- ¼ cup (60ml) sweet chilli sauce
- 1 Tbsp (15ml) rice vinegar or apple cider vinegar
- 1 Tbsp (15ml) cornflour, mixed with a little water to create a paste
- ½ cup (125ml) chicken or vegetable stock
- 1 mango, peeled, stoned and cubed
- 200g curried cashews (see below)
- Coriander, red salad onions and lime, for serving

Coconut rice:

- 1 cup (210g) basmati rice
- ½ cup (125ml) water
- 1 can (400ml) coconut milk
- 1 tsp (5ml) each sugar, olive oil and rice wine vinegar
- Pinch salt
- Fresh coconut shavings, for serving (optional)

Method

1. Heat a glug of oil in a pan over medium heat.
2. Season chicken and fry until golden brown, about 8-10 minutes. (If it browns too much, add a splash of water and cover with lid to steam.)
3. Cool chicken and slice.
4. In the same pan, add another glug of oil and fry onions and peppers until soft.
5. Add garlic and chilli flakes and fry until fragrant, about 2-3 minutes.
6. Stir in remaining ingredients and cook until it starts to thicken, about 7-10 minutes.
7. Combine all coconut rice ingredients and bring to a boil, stirring with a fork occasionally to prevent sticking.
8. Cover, reduce heat to a simmer and cook until most of the liquid is absorbed and the rice is tender, about 20 minutes.
9. Dish bowls of rice topped with chicken, mango sauce and nuts.
10. Serve with coriander, onions, and a squeeze of lime, if you like.

Good idea: For curried cashews, combine 2 packets (100g each) raw cashew nuts, 1 Tbsp (15ml) each honey or maple syrup and green curry paste, 1 tsp (5ml) curry powder and ½ tsp (3ml) each ground cumin, coriander, turmeric and ginger. Add grated peel of 1 lemon and season. Toss well, spread out on a lined baking tray and bake for 10-15 minutes until fragrant and toasted.

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