Recipe
coco mango chicken curry

This mild and creamy chicken curry is rich with flavour from ginger, cumin, coriander, turmeric, and mild madras powder. Simmered in coconut milk and then with ripe mango and crunchy red pepper added right at the end, we then lift the flavour with a good squeeze of lime juice! We love to serve this dish with rice, naan breads, and even broccoli.

Ingredients

A glug of cooking oil

1 medium onion - finely chopped

250g minced chicken

1 large thumb of ginger - finely chopped

5 garlic cloves - finely chopped

1 heaped tsp ground cumin

½ tsp ground coriander

1½ tsp mild madras curry powder

½ tsp ground turmeric

70g red lentils

2 tins of chickpeas

200ml water

1 cube/pot chicken stock

2 tins of coconut milk

1 mango - diced (about 300g)

2 red peppers - diced

1 lime - juiced

Method

Add oil to a wide based pan with tall sides on a medium heat.

Add chopped onions and caramelise until soft and golden brown.

Add chicken mince and caramelise until the meat has turned golden brown.

Add garlic and ginger and mix for one minute. Add all spices, mix and cook gently for about one minute until fragrant.

Add lentils, drained chickpeas, water, chicken stock, and coconut milk and cook for at least 30 minutes until reduced, stirring occasionally to avoid sticking.

Add mango and red pepper and cook for another 10 minutes.

Add lime juice and taste to make sure you're happy with the flavour.

You could serve with basmati rice, naan bread, and dips and garnish with coriander, more lime wedges and crispy onions.

Nutritious delight with every bite