

Active Canaries

HEALTH MONTH

WORKING WITH LOCAL SCHOOLS

Week 1 – Angus Gunn

Mango and Lime Chicken

Ingredients

500g Chicken Breast – diced
(alternatively use Quorn
pieces to make it vegetarian)

425g Tinned Mango

1x Red Pepper – diced

1x Garlic Clove – crushed

1tsp Dried Mixed Herbs

1x Lime – zest and juice

Method

- 1 To make the marinade, put the tinned mango, diced pepper, crushed garlic, dried herbs, lime zest and lime juice into a medium sized saucepan. Bring to the boil and simmer for 10 minutes
- 2 Remove the marinade from the heat and allow to cool.
- 3 Preheat the oven to Gas mark 4, 180°C.
- 4 Place the diced chicken (or Quorn) in a shallow baking tray and cover with the mango marinade.
- 5 Cook for 30 minutes, until the chicken is cooked through.
- 6 Serve with steamed rice, mixed salad, and a mini flatbread!

SERVES

4



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