

Sticky Mango Chicken



Serves: 2- 4

Profitability:

Steps:

Mix together the mango chutney, sugar, lime juice, soy sauce and some pepper.

Pour over chicken and marinate for at least one hour, turning occasionally.

Pre-heat grill to medium high, drain marinade from the chicken and reserve.

Place chicken on baking tray and grill for about 6 minutes.

Remove chicken from grill and spoon over sauce. Return to grill for about 3 minutes or until the chicken is turning golden and cooked through.

Mix oil, vinegar, salt, pepper and sugar together for the salad dressing. In a bowl, combine the spinach, mango and cranberries and toss with the dressing.

Sprinkle toasted pine nuts on top (if using)

Ingredients:

Chicken breast 2 cut in half

Mango chutney 2 tbsp

Dark brown sugar 1 tbsp

Lime juice ½ lime

Soy sauce 1 tsp

Spinach 100g washed

Mango ½ large, peeled and chopped

Dried cranberries 40g

Toasted pine nuts 1 ½ tbsp (optional)

Vegetable oil 3 tbsp

Balsamic vinegar 1 tbsp

Sugar 1 tsp

Salt and freshly ground black pepper to season

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