



MANGO CHICKEN

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts

Prep time: 15 mins

Cook time: 20 mins

Serves: 4



INGREDIENTS

- 8 chicken thigh fillets, skinless
- 1 large mango, peeled and diced
- juice of 2 limes
- 2 tbsp coconut oil
- 1 tbsp sriracha sauce
- 2 tsp ground tumeric
- 2 cloves garlic, crushed
- 2 tbsp coconut aminos
- 1 tsp pink rock salt
- ½ tsp ground black pepper

METHOD

- Place mango, lime juice, coconut oil, sriracha sauce, tumeric, garlic, coconut aminos, salt and pepper into blender, and process until smooth.
- Pour over chicken, mix well and refrigerate for 30 minutes.
- Heat oven to 180°C, and line large, flat ovenproof dish with baking paper.
- Pour chicken and sauce into prepared baking dish, and bake for 20 minutes, until cooked through.
- Serve with vegetables of choice, I like my Rosemary and mustard wedges with it.