



# MANGO CHICKEN & TOMATO SALAD

**SERVINGS: 4**

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**PREP TIME: 10 MINUTES**

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**TOTAL TIME: 25 MINUTES**

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## NOTES:

 **MADE IN UNDER 30 MINUTES**

 **LESS THAN £2 PER SERVING**

 **BASIC KITCEHN EQUIPMENT**

 **LOW DIFFICULTY**

## INGREDIENTS

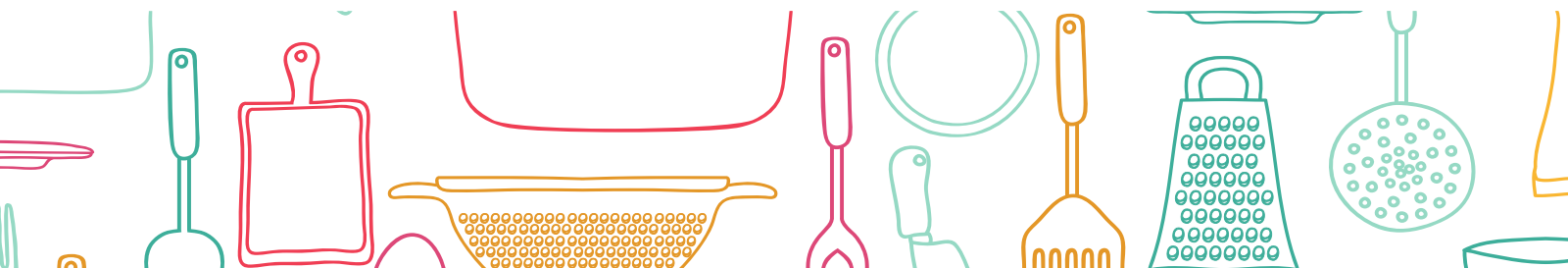
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**3TBSP CURRY PASTE (YOU DECIDE HOW HOT YOU WANT IT!)**  
**2 TBSP MANGO CHUTNEY**  
**4 SKINLESS, BONELESS CHICKEN BREASTS**  
**3 BEEF TOMATOES**  
**BUNMCH SPRING ONIONS**  
**MINT RAITA**

**OPTIONAL EXTRAS:**  
**CUCUMBER**  
**NAAN OR CRUSTY BREAD**  
**RICE**  
**POTATOES**

**RECIPE ON REVERSE SIDE.**

**CHECK OUT THE AROMA INSTAGRAM AND FACEBOOK PAGE FOR TUTORIALS AND COOK-ALONG SESSIONS.**





## METHOD

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**PRE-HEAT YOUR GRILL TO A HIGH SETTING.**

**MIX THE CURRY PASTE WITH THE MANGO CHUTNEY AND USE TO BRUSH OVER THE CHICKEN BREASTS. YOU CAN LEAVE THIS TO MARINADE FOR SEVERAL HOURS FOR A MORE INTENSE FLAVOUR IF YOU WISH - JUST MAKE SURE IT'S COVERED AND IN THE FRIDGE.**

**COOK UNDER THE GRILL FOR 5-6 MINUTES ON EACH SIDE, UNTIL COOKED. SLICE INTO THE CHICKEN AND OF THE JUICES RUN CLEAR, IT'S COOKED.**

**REMOVE FROM THE GRILL AND ALLOW TO REST FOR A FEW MINUTES, BASTING THE CHICKEN WITH ANY JUICES IN THE TRAY TO MAKE IT MOIST AND SUCCULENT.**

**WHILST THE CHICKEN RESTS, SLICE THE TOMATOES AND SPRING ONIONS TO MAKE A SIMPLE AND REFRESHING SALAD.**

**SERVE THE RESTED CHICKEN WITH THE SALAD AND MINT RAITA. DRIZZLE AND MANGO CURRY PASTE JUICES OVER THE TOP.**