

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

1 x Red Pepper – diced

1 x Garlic Clove – crushed

1 tsp Dried Mixed Herbs

1 x 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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