

NANDO STYLE CHICKEN WITH MANGO SALSA

(MARINADE RECIPE FOR 8 BREASTS OF CHICKEN)

1TSP SMOKED PAPRIKA

1 CLOVE OF GARLIC

½ TSP GARLIC SALT

1TSP GROUND CORIANDER

1/2TSP OREGANO

PINCH OF CHILLI POWDER

PINCH OF CAYENNE PEPPER

½ TSP CUMIN

1/2TSP NUTMEG

100GRM SUNDRIED TOMATOES

2TBSP LEMON JUICE

1/8TH PINT OF OLIVE OIL

1/4TSP LO SALT AND BLACK PEPPER

MANGO SALSA RECIPIE

1 MANGO FINELY DICED

1 TOMATO FINELY DICED

1/8TH CUCUMBER FINELY DICED

¼ RED ONION FINELY DICED

½ GREEN PEPPER FINELY DICED

1 CHILLI DESEEDED FINELY CHOPPED

1 CLOVE OF GARLIC FINELY CHOPPED

THUMB SIZE GINGER PEELED & FINELY CHOPPED

PINCH OF GROUND CUMIN

2 TBSP LIME JUICE

2TBSP PINEAPPLE JUICE

LO SALT AND BLACK PEPPER

FRESH CORIANDER CHOPPED

METHOD

1. PLACE ALL INGREDIENTS FOR THE CHICKEN MARINADE IN A FOOD PROCESSER AND BLITZ TO A SMOOTH PASTE.
2. MARINADE CHICKEN BREASTS OVER NIGHT (CAN BE USED TO MARINATE QUORN FILLETS OR ANY OTHER MEAT)
3. TO COOK, PLACE IN PRE-HEATED OVEN 180C FOR APPROX 25 MINUTES UNTIL JUICES RUN CLEAR.

SALSA METHOD

PLACE ALL INGREDIENTS INTO A SERVING BOWL, MIX ALTOGETHER AND LEAVE TO INFUSE FOR A COUPLE OF HOURS.

SERVE WITH WHATEVER YOU CHOOSE AND ENJOY.