



Mango Chicken

Serves 2 (each serving contains approximately 490 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

4 teaspoons mango chutney (from a jar – 40g)
80g natural yoghurt (3% fat)
2 tablespoons wholegrain mustard (30g)
2 skinless and boneless chicken fillets
350g baby new potatoes

1 small butternut squash (you need 240g cubes)
1 small head broccoli (you need 240g florets)
salt (optional) and freshly ground black pepper

Method

Preheat the oven to 180°C/350°F. Mix together the mango chutney with the natural yoghurt and wholegrain mustard. Reserve two-thirds of the mango yoghurt to use as a dip.

Add the skinless chicken fillets into the remainder, turning to coat evenly with a tongs. Transfer to a small ovenproof dish and cover tightly with tin foil. Bake for 20 minutes or until tender.

Meanwhile, place 350g of baby new potatoes in a pan of boiling water and cook over a medium heat for 15-20 minutes or until tender.

Trim and peel the butternut squash, then remove the seeds, then cut into 2.5cm cubes – you need 240g in total. Cut off the broccoli florets from 1 small head and then cut into even-sized small florets so that they will cook evenly – you will need 240g in total.

Steam the butternut squash for 10 minutes, then tip the broccoli on top and steam for an-other 5 minutes until all the vegetables are tender.

Remove the chicken from the oven and make sure it is piping hot with no pink meat and the juices run clear. To test, check with a small sharp knife. Leave to rest for a few minutes.

Arrange the mango chicken on plates, then cut into slices and fan out, drizzling over the cooking juices. Add the baby new potatoes with the steamed broccoli. Roughly mash the butternut squash in a bowl and add to the plates. Put small dipping bowls of the mango yoghurt alongside to serve.