



## Shopping List for Mango Chicken Curry

Quantity	Ingredient	Aisle / Zone
2	Limes	
1 Jar	Mango Chutney	
1 1litre container	Light Plain Yogurt	
1 1litre container	Regular Plain Yogurt	
1 small container	Curry Powder	
1 can	Mangos	
4	Chicken Breasts	
1 Bag	White Rice	
1 Bag	Bulk Peanuts	
1 Bag	Bulk Raisins	
1 Bunch	Bananas	
1 Bag	Bulk Coconut	

## Recipe

Put rice on (1 cup rice, 2 cups water, follow instructions)  
Cut chicken into cubes and cook in a medium sized frying pan  
Juice two limes (cut limes in half, stab fork in each half and squeeze into a skillet on low heat)  
Add  $\frac{3}{4}$  jar of Mango Chutney  
Heat in skillet and add 1 litre of light plain yogurt and  $\frac{1}{2}$  litre of regular plain yogurt  
Add 1 Teaspoon of curry powder  
Add chicken  
Let simmer for 20 minutes  
Add 1 can of mangos. Let simmer for another 5 minutes.  
Serve curry over rice.  
Top with peanuts, raisins and bananas coated in coconut (slice 1 banana, put in coconut bag and shake)

Source: Chef on the Run, Diane Clement, Raincoast Books, 1982