

Chicken filet with mango in a spicy cream sauce

serves 4

2 onions
1 glove garlic
1 red Spanish pepper
1 ripe mango
400 g chicken filet
1 TBS oil
2 tps curry powder
0,25 l whipped cream
1 dl chicken broth (tablet)
3 TBS mango chutney (Pataks at AH)
cayenne pepper
salt
2 tsp lemon juice
1 TBS chopped chives

Preparations

Chop onions and garlic. Wash Spanish pepper, remove seeds and cut into thin slices. Peel mango. Cut fruit in short slices. Cut chicken filet in slices.

Cooking

Heat oil. Fry chicken light brown. Add onion, pepper and garlic and stir fry. Sprinkle curry powder and stir fry. Add whipped cream, mango chutney and broth. Mix well and cook for 5 minutes on low fire. Add mango and cook for 2 minutes. Add cayenne pepper, salt, and lemon juice. Put chives on top.

Tip

Serve with basmati rice and green beans