

Mango mania recipes



Slow-cooked Mango Chicken



Photo credit: Recipe reproduced with permission from Queensland Association of School Tuckshops (www.qast.org.au)

Serves 10

Preparation time: 20 mins

Cook time: 4 – 6 hours

This recipe uses a slow cooker.

Tips and hints

- You can use mango puree in place of the slices to form a fruity sauce.
- Cut the chicken thighs into 4-6 pieces, depending on their size. Don't make them too small.
- For extra veggies, add a few handful of baby spinach before serving and allow it to wilt.
- Serve with steamed rice.

You can find the recipe at: <https://qast.org.au/recipe/slow-cooked-mango-chicken/>. For more great recipes, see <https://hw.qld.gov.au/blog/boost-your-recipes/>.

Ingredients

- 1425g tin mango slices (approx. 3 x 425g cans)
- 1 brown onion, sliced
- 2 carrot, peeled and sliced
- 2 garlic cloves
- 1400ml reduced-fat coconut milk (carton or tins)
- 1 tsp chicken stock powder
- 1tbsp brown sugar
- 1 tbsp oil
- 600g chicken thighs
- 1tsp ground turmeric
- 1tsp curry powder
- 1 cup green beans, halved
- 20ml lemon or lime juice
- 2tbsp chopped coriander to serve (optional)

Method

1. Drain mango and dice. Add to the slow cooker with onion, carrots, garlic, coconut milk, chicken stock powder and brown sugar. Stir to combine.
2. Heat oil in a fry pan over medium heat. Cut chicken into pieces and cook, working in batches. Brown well on all sides.
3. Return all the chicken to the pan and add turmeric and curry powder.
4. Stir well for 1 minute, then add chicken to the slow cooker, being sure to scrape in all the oil and spices from the frypan.
5. Cook on low for 4-6 hours until chicken is tender.
6. Add green beans during the last half hour.
7. Prior to serving, add lemon or lime juice to taste and coriander.
8. Serve with steamed rice.

For information on Pick of the Crop, visit www.hw.qld.gov.au/pick-of-the-crop.

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