

RECIPE | PEPPERS

MANGO CHUTNEY CHICKEN



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Recipe created by Plate and Pen

INGREDIENTS

For the chutney

- 1 lb Pure Flavor®
Mini Cucumbers, diced
- 1.5 lb Pure Flavor® Aurora Bites
Mini Sweet Peppers,
grilled & chopped
- 2 mangoes, diced
- 2 limes, juiced
- 1 cup fresh cilantro, chopped
- ¼ cup olive oil

For the chicken marinade

- 4 boneless chicken breasts
- ½ cup lemon basil vinaigrette
- ½ cup Dijon mustard
- ½ cup red onion, chopped
- ½ cup honey
- 2 tbsp garlic, minced
- 2 tsp red pepper flakes
- 2 tsp salt & pepper
- 6 sprigs fresh thyme

DIRECTIONS

1. Mix the marinade ingredients together in a bowl.
2. Put the chicken in a container or plastic bag and cover with marinade.
Seal the container or bag and place it in the fridge for at least 2 hours.
3. Chop mini sweet peppers in half and remove seeds, sprinkle with olive oil and place in a grill safe pan.
4. Start heating up the grill. While the grill is heating up, mix together the ingredients for the chutney, excluding the mini sweet peppers.
5. When the grill is hot, place the pan with the mini sweet peppers over indirect heat.
Cook for 25 minutes or until charred.
6. With 10 minutes left on the pepper cooking time, add the chicken breasts to the grill on direct heat.
Flip after 5 minutes. Check the internal temperature of the chicken to make sure it's 165° F.
7. Take chicken and mini sweet peppers off the grill. Chop mini sweet peppers and add them to the chutney.
8. Pour chutney over the chicken to serve.



TOTAL TIME

45 minutes

PREP TIME

10 minutes

COOK TIME

35 minutes

SERVES

4

COOKING LEVEL

Easy