



Mild Chicken Curry

Start by making your poppadoms in 200 degree hot oil. Start your hob in a medium heat, chopping 2 chicken breasts into smaller pieces then add the coconut cream (250ml). Add 'Natures Finest Juice' which is not mango juice as you might expect, it's a mixture of apple, pear and pineapple.

Reduce the mango chunks in a potato ricer as shown on the video. Q.

Why don't I use fresh mango...simple, fresh mango is very unpredictable in both texture and flavour.

Now add a sprinkle of mild (medium or hot) curry powder depending on taste, also adding salt and pepper, add 2 teaspoons of Mango Chutney. Once its reduced after at least 10 minutes add the double cream and the coriander leafs. Microwave Basmati rice for 2 minutes and serve with the fresh poppadoms adding the curry over the Basmati rice.

INGREDIENTS

Start with the Sharwoods Poppadoms

Chicken Breast x2

Coconut Cream (250ml)

Natures Finest Juice (Mango) (400g)

Curry Powder (Mild) 1 spoonful x2

Sharwoods Mango Chutney (2 x teaspoons)

Double Cream (300ml)

Fresh Coriander leafs

Microwave Veetee Basmati Rice (2mins)