

# lemon grass & chilli chicken with mango



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### Ingredients:

- 2 small red chillies, sliced lengthways, deseeded and finely chopped
- 3 limes, juiced (about 1/2 cup juice)
- 1 tbs fish sauce
- 1 stem lemon grass, trimmed and thinly sliced
- 1/2 cup coriander leaves, roughly chopped
- 1/4 cup peanut oil
- 8 chicken thigh fillets, trimmed
- 2 medium just-ripe mangoes
- olive oil cooking spray
- extra coriander leaves, to serve
- grilled Lebanese flatbread, to serve

### Health benefits of mangoes:

- Mangoes are an excellent source of the antioxidant beta-carotene and vitamin C. One mango will provide you with your total daily vitamin C requirements.
- The carbohydrate found in mangoes has a low glycemic index, which means it is absorbed slowly and will provide you with sustained energy.

### Method:

1. Place chillies, lime juice, fish sauce, lemon grass, chopped coriander and peanut oil in a large shallow dish. Stir well to combine. Add chicken and turn to coat in marinade. Cover and refrigerate for 30 minutes to marinate (or longer if possible).
2. Slice cheeks from mangoes and cut into thick slices. Spray mango with oil spray.
3. Preheat a greased barbecue plate and grill over medium heat. Add chicken and cook for 3–4 minutes on each side until just cooked through. Transfer to a plate, cover and keep warm. Add mango to barbecue grill and cook for 1 minute on each side or until just heated through.
4. Place chicken and mango on serving plates. Top with extra coriander leaves and serve with grilled Lebanese flatbread.

**Serves:** 4

**Preparation:** 20 minutes  
(+ marinating time)

**Cooking:** 8–10 minutes