

# Chicken in Mango sauce

Creamy chicken cooked with mango and cashew nut sauce.

Serves 4.

The ideas behind this **Kenyan**<sup>1</sup> recipe came from New Internationalist Magazine.

## Ingredients

- 4 chicken breasts
- a little cooking oil
- 150 ml chicken stock
- 240 ml whipping cream
- 60 ml **FAIRTRADE** red wine
- 15 ml margarine
- 50 g **FAIRTRADE** cashew nuts
- 2 medium **FAIRTRADE** mangoes
- 15 ml **FAIRTRADE** raw cane sugar

Mix the red wine and the sugar and add to the pan except for 15 ml.

Mix well.

In a side pan, melt the margarine and toast the cashews until light brown.

Keep a few for garnish and add the rest to the pan.

Put a few mango slices to one side for garnish, and, using the remaining wine, warm the other pieces and add to the sauce.

Gently re-heat and then pour over the hot chicken.

## Method

### Preparation

Peel and slice the mangoes.

### Cooking

Season the chicken and then brown the fillets in a little hot oil to seal the flavours.

Add the chicken stock, bring to the boil, reduce to a simmer and cook, covered, for about 20 minutes or until the chicken is tender.

Remove the chicken to a hot dish and keep warm.

Adjust seasoning.

Whip the cream and then spoon it into the pan.

Stir in gently and heat slowly until the sauce thickens.

### Assembly

Sprinkle with the remaining cashew nuts and arrange the mango garnish decoratively around the plate.

### To serve

Serve with **vegetables**<sup>2</sup> and **spicy rice**<sup>3</sup>.

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<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/kenya.htm>

<sup>2</sup><http://www.fairtradecookbook.org.uk/recipes/vegetables.htm>

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/five\\_spicy\\_rice.htm](http://www.fairtradecookbook.org.uk/recipes/five_spicy_rice.htm)