Mango Coconut Chicken Curry

Ingredients:

2 kgs boneless, skinless, chicken breast, cut into bite-sized pieces.

3 tablespoons oil

3 large onions, finely chopped

8 cloves garlic, minced

3 tablespoons grated fresh ginger

5 tablespoons curry powder

2 cans coconut milk

2 large ripe mangoes, peeled, pitted, diced

3 red bell peppers, sliced

3 tablespoons fish sauce (optional, for added flavour)

2 tablespoons brown sugar (optional, to balance the flavours. Taste before adding)

Salt and pepper to taste

Fresh cilantro, chopped, for garnish

Chapatti for serving (optional)

1. In a large skillet, heat oil over medium heat. Add chopped onions and cook until translucent, about 5 minutes.
2. Add minced garlic and grated ginger. Sauté for another 1-2 minutes until aromatic.
3. Stir in curry powder, allowing it to toast in the oil for 1-2 minutes. This helps to enhance the flavour of the curry.
4. Add the chicken pieces to the skillet. Cook until the chicken is browned on all sides and cooked through, about 5-7 minutes.
5. Pour in the coconut cream, stirring to combine with the chicken and spices. Let it simmer gently for 5 minutes, allowing the flavours to meld together.
6. Add the diced mango and bell peppers. Stir gently to combine. Let it simmer another 5-7 minutes until the mango is soft and bell peppers are tender yet crisp.

7. Add the fish sauce, brown sugar, salt and pepper to taste. Simmer for two more minutes.

8. Garnish with chopped coriander. Serve with chapatti.