

Mango Chicken Curry

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-curry-indian-recipe>

Ingredients:

- 1/2 cup chopped onion
- 1 sweet red pepper medium, julienned
- 2 teaspoons canola oil
- 1 1/2 pounds boneless skinless chicken breasts cut into thin strips
- 1 tablespoon curry powder
- 2 teaspoons gingerroot minced fresh
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- 1 cup mango chopped peeled
- 3/4 cup light coconut milk
- 2 tablespoons tomato paste
- cooked rice optional

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 110 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 38 grams
7. SaturatedFat: 11 grams
8. Sodium: 570 milligrams
9. Sugar: 11 grams

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