



Chicken Curry French Style

Ingredients

- 2 tbsp Vegetable oil
- 1 Medium Onions, finely chopped
- 2 Cloves Garlic, finely chopped
- 1 tsp Ginger, finely chopped
- 100 g Ripe mango
- 0.5 cup Banana, coarsely chopped
- 100 g Pineapple, coarsely chopped
- 1 Small Apple, peeled and coarsely chopped
- 2 tbsp Curry powder
- 2 cubes MAGGI® Chicken Bouillon Less Salt
- 3 cups Water
- 500 g Skinned chicken breast fillet, cut into cubes
- 0.5 cup Green peas, thawed
- 2 tbsp Coriander leaves, chopped

Instruction

1. Heat oil in a saucepan and fry chopped onions for 4 mins or until they become golden in color.
2. Add garlic and ginger and stir until fragrant then add the fruits, curry powder, MAGGI® Chicken Bouillon Less Salt cubes and water.
3. Bring to boil and simmer over a low heat for 15 mins. Blend in an electric hand blender until very smooth, then strain and return back to a clean pot.
4. Bring the sauce to boil again. Add the chicken breasts cubes and green peas. Simmer for 15 mins with occasional stirring or until chicken is cooked.
5. Garnish with fresh coriander and serve.

Nutrition

Carbohydrates	19.54 g
Energy	276.07 kcal
Fats	7.67 g
Protein	34.21 g

35 Minutes

5 Servings