

CHICKEN SAUTEED WITH MANGO SAUCE

INGREDIENTS

- 4 Chicken (breast) (halves) (boneless) (skinless)
- 1/4 c Whole-wheat flour **OR** gluten-free flour
- 1/2 t Salt (to taste)
- Black pepper (to taste)
- 1 T Olive oil (extra-virgin) **OR** canola oil
- 1 Pepper (jalapeno) (seeded) (minced)
- 2 cloves Garlic (minced)
- 2 t Ginger (fresh) (minced)
- 1/2 C Chicken broth (reduced sodium)
- 1/2 C Orange juice
- 1 T Coconut sugar
- 3/4 t Cornstarch
- 1 C Mango (cut into 1/2-inch dice)
- 2 T Lime juice
- 2 T Cilantro (fresh) **OR** mint (fresh)

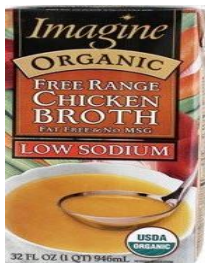


DIRECTIONS

- 1 Pound the chicken to an even thickness, about 1/2 inch (see tips on page 2)
- 2 Combine flour, salt & pepper in a shallow dish
- 3 Dredge chicken in seasoned flour, shaking off excess
- 4 Heat oil in a large non-stick saute pan at medium-high heat
- 5 Add chicken & cook until well browned & no longer pink in the center(4-5 minutes per side)
- 6 Transfer to a plate, cover & keep warm
- 7 Add jalapeno, garlic & ginger to the pan
- 8 Cook over medium heat, stirring, until softened (1-2 minutes)
- 9 Add broth & deglaze, scraping up any browned bits (1 minute)
- 10 Mix orange juice, sugar & cornstarch in a small bowl
- 11 Add to the pan & bring the sauce to a simmer, stirring
- 12 Cook, stirring often, until thickened & slightly reduced (about 4 minutes)
- 13 Stir in mango & cook until heated through (about 1 minute)
- 14 Remove from heat & stir in lime juice
- 15 Spoon over the chicken & sprinkle with cilantro or mint

NOTES

- 1 4 servings
- 2 Some home cooks don't add salt to kosher chicken because it soaks in salt when it is kashered



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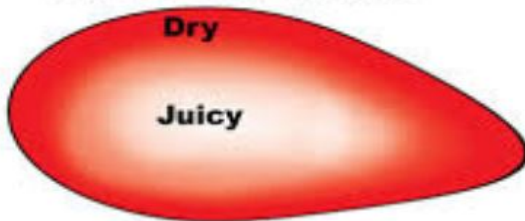


TIPS

HOW TO PREPARE CHICKEN BREAST

- 1 Trim the fat
- 2 Remove the tenders (the long thin flaps) reserve for another use
- 3 Cover your meat cutting board with plastic & place the chicken on it
- 4 Cover the chicken with a large piece of plastic wrap
- 5 Use a rolling pin, meat mallet, heavy pan or hammer with head covered with plastic wrap to pound chicken until flattened to an even thickness (about 1/2 inch)
- 6 Dredge the chicken lightly in seasoned flour, which helps it turn deep golden brown when sauteed
- 7 After the chicken is cooked, deglaze the pan with broth, wine or a little water to make a sauce
- 8 The liquid loosens the browned bits from the bottom of the pan, making a tastier sauce

Whole Chicken Breast



Pounded Chicken Breast



