



# Martinique Caribbean Chicken Curry

Serves 6



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## Ingredients

- ½ tsp. curry powder
- 1 tsp. cayenne pepper
- ½ tsp. granulated onion
- ½ tsp. sea salt
- ¼ tsp. ground coriander
- ¼ tsp. ground mustard
- 6 boneless, skinless chicken breasts (4 oz. per piece)
- ¾ cup frozen mango chunks
- 1½ Tbsp. extra virgin olive oil
- 1 tsp. garlic, chopped
- ¼ cup onions, diced
- 3 Tbsp. red pepper, diced
- ½ lime, zest and juice
- ⅔ cup chicken broth (low sodium)
- ⅓ cup unsweetened coconut milk
- ¼ cup light sour cream
- scallion, to garnish
- cilantro, to garnish

## Directions

1. Make spice mix by mixing all spices in a small bowl. Combine half of the spice mix and half of the olive oil to make a curry paste. Add chicken to curry paste and toss thoroughly to mix.
2. Preheat oven to 350 degrees. Bake chicken to an internal temperature of 165 degrees.
3. Mash half of the mango into a paste. Set the rest of the mango aside.
4. Add olive oil to a medium pot over medium heat. Add onion, garlic and peppers. Stir and sauté until lightly caramelized. Add remaining spice mix, lime zest and juice and stir to mix. Add chicken broth and stir. Add coconut milk and bring back to a simmer. Add mango puree and sour cream. Combine with a whip.
5. Simmer lightly and stir for 5-10 minutes. Pour sauce over chicken and garnish with remaining mango, scallions and cilantro.

## Nutritional facts per 1 serving (1 piece with sauce):

Calories 250, Total Fat 11g (20%), Saturated Fat 5g (25%), Cholesterol 95mg (30%), Sodium 290mg (10%), Total Carbohydrate 8g (4%), Dietary Fiber less than 1g (4%), Total Sugars 5g, Protein 28g