

CHICKEN GOAN

Preparation time 30 mins

Cooking time 20 mins

Ingredients

Diced Chicken fillet cut into 8 pcs

Olive Oil 2 tea spoons

Chopped fresh red chillies 1 tea spoon

Shredded ginger 1 tea spoon

Lemon wedge 1 pc

Cinnamon stick 1 small pc

Green cardamom powder –just a pinch

Sweet peppers (batons)-4 pcs

Mango chutney- 1 table spoon

Honey -1tea spoon

Butter- 1 tea spoon

Chicken stock- 4 oz

Salt to taste

Chopped coriander & ginger garnish

Method

1. Heat the pan and add the oil.
2. Quick fry the chicken and the cinnamon
3. Add the peppers and the chicken stock
4. As the stock starts boiling pour in the mango chutney and the honey
5. Add the salt to taste or just a pinch
6. Drop in the shredded ginger and sprinkle a pinch of cardamom powder
7. Reduce the flame and cook for 2-3 minutes till the chicken get cooked
8. Finish the dish with a dash of butter which gives it a touch of richness and a glaze.
9. Serve hot in a little dish & Garnish

Goes well with rice or nan.

