

Grilled Chicken with a creamy curried Mango and cashew dressing

- 4 Chicken breasts, chopped into even chunks. (see notes below)
- 1 Mango, skinned and flesh chopped into chunks
- 2 Garlic cloves, peeled
- 2" chunk of ginger, peeled
- 1 red chilli, deseeded
- 1 tbsp. runny honey
- 2 tsp. curry powder
- 1 tsp. brown Sugar
- 1 tsp. sweet chilli sauce
- large handful of nuts; cashews or macadamia nuts
- 3 tbsp. coconut milk, try and use the thicker cream.
- 1/2 tsp. sea salt
- 1/2 tsp. cracked black pepper

(Note- To cut the chicken, the idea is to have each piece the same thickness so it cooks at the same time. I chop the thinner end away from the chicken breast then butterfly the thicker side, cutting all of the way through so you have even chunks).

Method

- For the dressing, place all ingredients into a blender and blend into a smooth paste.
- Take a few tablespoons of the dressing and stir through the chicken to marinate. Leave for an hour. Save the rest of the dressing for later in the fridge.
- Heat a griddle pan or BBQ, cook the chicken breasts until charred and juicy.
- Create your salad using which ingredients you like, my salad was made of baby gem lettuce, long slithers of cucumber, avocado, tomatoes and roasted peppers.
- Top with the hot chicken and drizzle over more of the dressing.
- Serve with crusty bread.