

Garam Marsala Chicken Breast with Mango-Tomato Sauce

4 Servings

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Amount	Size	Description
4	6 Oz	Chicken breasts
1	Large	Mango - cubed
1	Tea	Honey
1	Large	Lime
2 ½	TBL	Old Norse World Cuisine Garam Marsala
1	Medium	Sweet Onion
1	Tbl	Ginger – grated
1	Large	Jalapeno – Minced
1 ½	Cups	Cherry Tomatoes – Halved
¼	Cup	Chicken Stock
1/3	Cup	Cilantro – Lightly Minced

1. Mix the mango, honey and 1 Tbl of fresh lime juice. Toss together and set aside.
2. Trim the chicken to clean the wing socket and any white tissue from the top crest.
3. Pound the chicken breast to about ¼”.
4. Completely rub 1 ½ Tbl of garam marsala over the chicken breast.
5. Heat a skillet to medium high. Add a few tablespoons of oil.
6. Add the chicken breasts and cook until golden brown.
7. Flip the chicken and brown again.
8. Place chicken on wired grate over cookie sheet. If chicken is not at 165 degrees internally, then place in oven preheated to 350 degrees for a few minutes.
9. In the same skillet that the chicken was fried in, add the onion, a large pinch of salt and 1 Tbl garam marsala and ¼ cup chicken stock. Simmer and scrape up the sucs from the chicken.
10. Cook until the onions are soft.
11. Add the ginger and jalapeno pepper. Simmer until the liquid is reduced.
12. Add the tomatoes and mango mixture. Cover and simmer, stirring occasionally, until the mango is softened. Add another tablespoon of fresh lime juice and the cilantro. Stir to mix.
13. Spoon the mango and tomato mixture over the chicken to serve.

