

CHICKEN WITH MANGO MOUSSE

Ingredients for 2 servings:

- 2 chicken thighs + salt + oil/olive oil for frying
- 300 g of early carrots
- 1 tbsp of soy sauce
- pinch of chilli
- 1 teaspoon of sesame oil

SALSA:

- 100 g of the PURENA mango purée
- juice from half a lime
- half a teaspoon of grated ginger
- half a teaspoon of chopped lemongrass
- 2 tbsp of finely chopped red onion
- 1 ground cucumber
- 1 teaspoon of chopped cilantro
- pinch of chilli

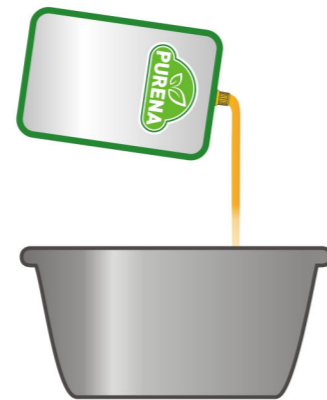
ADDITIONAL INGREDIENTS:

- 50 g of rice per serving
- cilantro to sprinkle on top and raw carrot ribbons



DIRECTIONS:

1



Pour the PURENA mango purée into a bowl.

2



Chop the red onion, lemongrass, coriander stalk and cucumber.

3



Add the chopped ingredients to the mango purée. Add grated ginger, lime juice and a pinch of chilli seasoning.

4



Place the chicken thighs skin-side down in the hot oil or olive oil.

5



Season the cooked early carrots with a little chilli and cane sugar, pour some soy sauce and sesame oil over it.

6



Add a little butter to the frying chicken, basting it with the resulting glaze. Fry until golden brown.

7



Cook the rice.

8



Serve the meat with cooked rice, carrots, mango salsa and fresh cilantro.

Nutrition info:

100 g
65 kcal

1 serving
376 kcal

Consume the prepared dish within 24 hours. Store the opened PURENA packet in the refrigerator for 7 days.