

MANGO CURRY SAUCE WITH SATAY SKEWERS

Ingredients:

SAUCE (5 servings - 480 ml):

- 350 g of the PURENA mango purée
- 150 ml of the coconut milk
- 2 tsp of curry
- juice from half a lime
- 3 g of fresh cilantro
- 1 chilli pepper
- a pinch of salt and sugar

SKEWERS (2 portions):

- 250 g of chicken breast
- 2 tsp of curry paste
- 60 g of strained yoghurt
- salt

SALAD:

- 60 g of rice noodles
- sliced red pepper
- half a cup of shredded red cabbage
- 3 tbsp of canned corn
- 3 chopped mini pickled corncobs
- 3 tbsp of cooked peas
- chopped spring onions
- salad dressing: 2 tbsp of soy sauce, 2 tbsp of rice vinegar, 1 tsp of honey

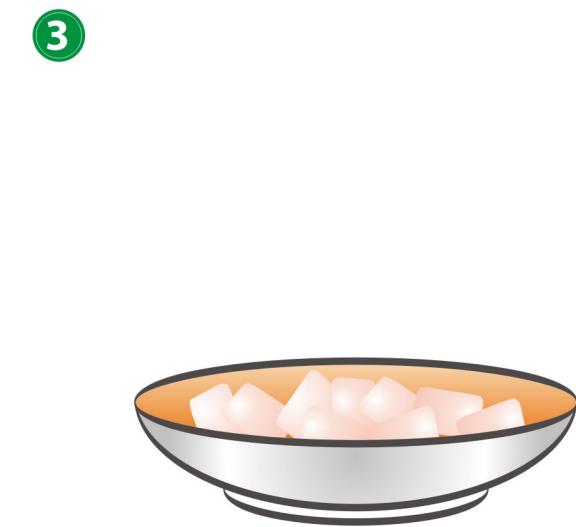
DIRECTIONS:



1 Place all the ingredients for the mango curry sauce in a blender and blend until smooth.



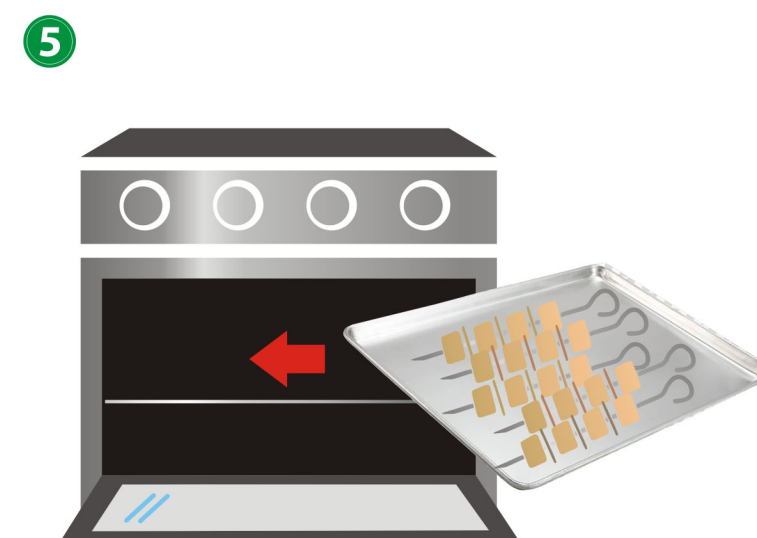
2 Put the blended mixture into a saucepan and bring it to the boil.



3 Marinate the diced chicken meat with curry paste, yoghurt and salt.



4 Cook the rice noodles, add them to the remaining salad ingredients and mix with the salad dressing.



5 Skewer the chicken meat and bake it in the oven.



6 Pour the mango curry sauce over the baked skewers and serve with the salad.



Nutrition info:

100 g
94 kcal

1 serving
1106 kcal

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