

Thai Mango Chicken

By [Darlene Schmidt](#), About.com Guide

Prep Time: 15 minutes - Cook Time: 15 minutes - Total Time: 30 minutes (SERVES 4)

Ingredients:

- 2-3 chicken breasts, cut into 2 inch-long pieces (chicken thigh works too)
- 1 red bell pepper, OR 1 sweet red pepper
- 1/4 cup oil for pan-frying
- 1 cup all-purpose flour (or rice flour) mixed with 1/2 tsp. salt
- 1/4 to 1/2 cup fresh coriander
- Optional: extra 1/2 to 1 mango, cut into chunks (to finish the dish)
- Optional: 3-4 Tbsp. coconut milk OR water

MANGO SAUCE:

- 2 fresh ripe mangos, fruit scooped out (or substitute 2 cups frozen or canned mango)
- 1 red chili, de-seeded and diced, OR 1 tsp. chili sauce OR 1/2 tsp. dried crushed chili
- 1 Tbsp. rice vinegar
- 1+1/2 Tbsp. soy sauce
- 3 Tbsp. fish sauce
- juice of 1/2 lime
- 1 Tbsp. brown sugar
- 1 thumb-size piece galangal OR ginger, sliced
- 3 cloves garlic
- 1/4 tsp. turmeric
- 2 kaffir lime leaves, snipped into slivers with scissors (discard stem & central vein), OR zest of 1 lime

Preparation:

For more information on buying & preparing fresh mango, see my: [All About Mangoes](#)¹.

1. Place all 'Mango Sauce' ingredients in a food processor or blender. Process well, until more or less smooth.
2. Taste-test the sauce. The goal is to reach a balance of sweet, sour, spicy, and salty. Add more sugar if you find the sauce too sour (this will depend on the sweetness of your mangoes). If not spicy enough, add more chili. If not salty enough, add more fish sauce. If too salty or too sweet, add more lime juice. Set aside.
3. Stir the flour and salt together and place in a mixing-type bowl. Add the chicken pieces and turn or gently stir them to coat.
4. Heat a wok or frying pan over medium-high heat. Add the oil, then begin frying the chicken pieces. Fry 3-5 minutes per side, or until light golden brown and cooked through. Remove chicken from pan and set on paper towel, or a clean surface.
5. Wash out the wok/frying pan, or use another (clean) one. Set over medium-high heat and add the mango sauce plus red pepper. Bring to a gentle boil, then reduce to a simmer (medium to low heat). If sauce becomes too thick, add 3-4 Tbsp. water or coconut milk. Simmer 3-4 minutes, or until pepper has softened slightly but still retains some crispness.
6. Add the fried chicken pieces, gently stirring them in to cover with sauce. If desired, add chunks of mango (fruit of 1/2 to 1 ripe mango) too. Simmer briefly, just until everything is hot.
7. Do a final taste-test for salt (tasting the sauce together with the chicken). Add a little more fish sauce or chili if desired.
8. Transfer to a serving dish. Sprinkle with fresh coriander and serve with plenty of Thai jasmine-scented rice. Or, for an extra special treat, with my [Easy Coconut Rice](#).²

Coconut Rice

Yield: SERVES 4

INGREDIENTS

- 2 cups Thai jasmine-scented white rice (for brown coconut rice, see link below)
- 2 cups good-quality coconut milk
- 1 3/4 cups water
- 1/2 tsp. salt
- 1/2 tsp. coconut oil, OR vegetable oil

Prep Time: 5 minutes - Cook Time: 20 minutes - Total Time: 25 minutes

PREPARATION

For a step-by-step version of this recipe, see: [Easy Thai Coconut Rice Recipe](#).

To Make Brown Coconut Rice, see my: [Brown Coconut Rice Recipe](#).

1. Rub oil over the bottom of a deep-sided pot. You will also need a tight-fitting lid.
2. Place rice, coconut milk, water, and salt in the pot and set over medium-high to high heat. Stir occasionally to keep rice from sticking to the bottom of the pot and burning.
3. Once the coconut-water has begun to gently bubble, stop stirring and reduce heat to low or medium-low (you want the water to simmer). Cover tightly with a lid and let simmer 15-20 minutes, or until most of the liquid has been absorbed by the rice. To check, pull rice aside with a fork. If most of the coconut milk-water is gone, go on to the next step.
1. Turn off the heat, but leave the covered pot on the burner another 5-10 minutes, or until you're ready to eat. **Tip:** Your Coconut Rice will stay warm this way for up to 1 hour or more, great for when you're expecting company!
2. When ready to serve, remove the lid and fluff rice with a fork or chopsticks. Taste-test [the rice for salt](#), adding a little more if needed. Serve right out of the pot, or transfer to a serving bowl. Enjoy!