



# ROASTED CHILLI CHICKEN THIGHS WITH MANGO SAUCE

## INGREDIENTS

- 4 chicken thighs on the bone, with skin
- 3 garlic cloves, crushed
- 1 tablespoon fresh ginger
- 1 teaspoon paprika
- 1 teaspoon coarse sea salt
- 2 tablespoons vegetable oil
- 200 g mango, cubed
- 2 tablespoons chilli sauce
- 2 tablespoons lemon juice
- Fresh chopped coriander for garnish

## METHOD

1. In a bowl, combine garlic, ginger, paprika and salt with 1 tablespoon vegetable oil. Rub all over chicken thighs until they are well-covered and set aside to marinate for 1 hour.
2. In a blender, add the mango, chilli sauce and lemon juice. Puree until smooth and set aside.
3. Preheat oven to 180°C.
4. Place the chicken in an ovenproof dish. Cover the dish with a lid or foil and bake the chicken for 35 minutes or until the chicken is cooked through. Remove the cover and baste with mango sauce then bake for a further 10 minutes until golden brown and crispy. Garnish with coriander and serve with the remaining mango sauce and white rice.

**A low-fat protein dish**



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**PREP TIME** 10min  
**COOK TIME** 40min  
**TOTAL** 50min  
**SERVES** 4