



ROASTED CHICKEN WITH MANGO & COCONUT SAUCE

SERVES: PREP TIME: COOK TIME:
4-6 | 3-4H | 45M

DAIRY FREE GLUTEN FREE

INGREDIENTS:

- 1 Cup Crofter's Organic Premium Mango Fruit Spread
- 1 400ml Can Coconut Milk
- ¼ Tsp Cayenne Pepper
- 1 Tbsp Honey
- Salt & Pepper
- 4-6 Boneless & Skinless Chicken Breasts
- 2 Tbsp Olive Oil (Divided)
- Fresh Basil (Finely Chopped)

DIRECTIONS:

1. Lightly coat a 9"x13" baking dish with 1 tbsp. of olive oil. Set aside.
2. In a blender, combine the Crofter's Organic Premium Mango Fruit Spread, coconut milk, cayenne pepper, honey, salt, and pepper. Blend on low until combined and smooth.
3. Toss the chicken breasts in the remaining 1 tbsp of olive oil and then place in the prepared baking dish. Cover the chicken with the mango coconut sauce and top with the fresh basil.
4. Cover and marinate the chicken in the fridge for 3-4 hours. When ready, remove from the fridge and place in the oven at 400°F. Bake for 45 minutes or until the chicken is completely cooked through.
5. Remove the chicken from the oven and serve over rice or pasta. Enjoy!