



INGREDIENTS

- 2 Pounds Chicken Thighs (boneless, skinless; cut into bite-sized pieces)
- 3 Cups Mango (diced)
- 2 Tablespoons Vegetable Oil
- 1 Cup Onion (finely diced)
- 4 Teaspoons Garlic (minced)
- 1 Tablespoon Ginger (grated)
- 2 Tablespoons Tomato Paste
- 1 Tablespoon Curry Powder
- 1 Teaspoon Ground Turmeric
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Ground Coriander
- ½ Teaspoon Paprika
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 1 Cup Coconut Milk
- ½ Cup Chicken Broth
- 1 Tablespoon Lime Juice
- 2 Tablespoons Fresh Cilantro (chopped)

DIRECTIONS

1. Heat the vegetable oil in a large skillet or Dutch oven over medium heat. Add the diced onion and cook until it becomes soft and lightly golden. Stir in the garlic and grated ginger, cooking for about one minute until fragrant. Mix in the tomato paste, curry powder, turmeric, cumin, coriander, paprika, salt and black pepper. Stir continuously for another minute so the spices toast gently and release their aroma without burning.
2. Add the chicken pieces to the pan and stir until they are evenly coated with the spice mixture. Cook for several minutes until the outside of the chicken begins to turn lightly golden. Pour in the coconut milk and chicken broth, stirring well to combine everything into a smooth sauce.
3. Bring the mixture to a gentle simmer, then add the diced mangoes. Continue cooking uncovered until the chicken is fully cooked and the mangoes soften into the sauce, creating a naturally creamy texture while keeping small pieces of fruit throughout the curry.
4. Reduce the heat to low and stir gently for a few minutes until the sauce reaches a thick, silky consistency. Add the fresh lime juice and chopped cilantro, then taste the curry and adjust the seasoning, if needed. Allow the curry to rest for about five minutes before serving.

MEAL PATTERN CONTRIBUTION

-  Fruit
-  Meat/Meat Alternate

MEAL TYPE



YIELD

6 Cups

PORTION SIZES

- Toddler:** ½ Cup
- Preschool:** 1 Cup
- School Age:** 1 Cup
- Adult:** 1½ Cups