

Mango Chicken

You will need:

Shopping List	
Protein	
Boneless, skinless chicken thighs	2 pounds
Miscellaneous	
Oil or ghee	2 tablespoons
Fresh garlic	2 cloves
Onions	2
Coconut milk	1 can
Lime juice	1 teaspoon
Mangoes	2 fresh /frozen
Rice	sm. bag
Pappadums (optional)	1 box
For non-meat eaters - vegetables, tofu or plant protein can be substituted in most recipes. Adjust cooking times accordingly.	



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