

Recipe Card # 5
Grilled Chicken
With Sweet Mango Chutney



Friend's Fiji Style® Delights

Ingredients :

1 tbsp Friends Fiji Style Chilli Chutney, 1 tbsp ground turmeric, 3 boneless skinless chicken breasts, 3 tbspn vegetable oil, a bottle of Friends Fiji Style Sweet Mango Chutney. And fresh yoghurt.

Method: Heat grill to medium-high. Combine Friends Fiji Style Chilli Chutney, turmeric and oil to make a paste. Rub a thin layer of the paste onto 1 side of each chicken breast. Grill for 3 to 4 minutes on each side or until slightly charred and just cooked through. Remove from the grill, let rest 5 minutes, and cut lengthwise into 1/2-inch thick slices. Serve open face on burger buns/roti wraps with a few dollops of Friends Fiji Style Sweet Mango Chutney and a drizzle of fresh Yoghurt.

