Malaysian Mango Chicken



**INGREDIENTS:**

1 lb boneless skinless chicken breast (4 breasts)

1 red pepper

1 yellow pepper

1 green pepper

3 green onions

2 mangos

2/3 cup of chicken stock

3 tablespoons of sugar

2 tablespoons of soya sauce

2 tablespoons rice vinegar or 2 tablespoons cider vinegar

4 teaspoons of curry paste

4 teaspoons of cornflour (4 teaspoons of cold water)

4 teaspoons of vegetable oil

1 tablespoon of grated gingerroot

**METHOD**

* Cut chicken into three 4 inch pieces.
* Seed, core and cut peppers into 1-inch pieces.
* Slice onions into 1 1/2-inch lengths.
* Peel and pit mangoes and cut into 2/3-inch pieces.
* Whisk together stock, sugar, soy sauce, vinegar, cornflour and curry paste.
* In wok or skillet heat half of the oil over high heat; stir fry chicken for 4 minutes or until no longer pink inside.
* Transfer to plate.
* Add remaining oil to wok; stir-fry peppers for 2 minutes.
* Stir in ginger, cook for 30 seconds.
* Add stock mixture and chicken, cook stirring for 2 minutes or until sauce is thickened and chicken is hot.
* Stir in onions and mango.