

Curry-Coated Grilled Chicken with Fresh Mango Chutney

*Chris Schlesinger and John Willoughby - The Big Flavor Grill
www.relish.com*

Servings: 8

CHUTNEY

*1 cup mango, diced
1 tablespoon gingerroot, finely chopped
1/4 cup fresh lime juice
1/4 cup cilantro, roughly chopped
1 teaspoon crushed red pepper flakes
1/4 teaspoon coarse salt
freshly ground black pepper*

CHICKEN

*8 skinless/boneless chicken breast halves
2 tablespoons curry powder
salt (to taste)
pepper (to taste)
olive oil*

TOPPING

*1/4 cup toasted coconut flakes
1/4 cup toasted macadamia nuts, chopped
1 tablespoon lime rind, finely grated*

To prepare the chutney: In a small bowl, combine the mango, gingerroot, lime juice, cilantro, red pepper flakes, salt and pepper. Mix well.

Rub the chicken breasts with a mixture of oil, salt, pepper and curry powder.

Grill the chicken on both sides until done, turning to brown both sides.

Serve the chicken with the chutney and sprinkle with coconut, macadamia nuts and lime rind.

Per Serving (excluding unknown items): 24 Calories; trace Fat (10.4% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 62mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Fat.