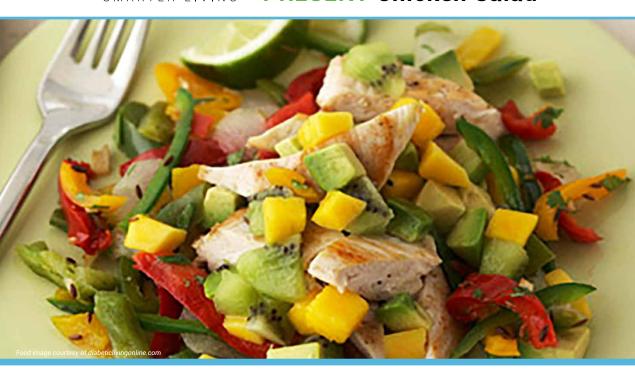


ENVIROFIT & The SuperSaver Charcoal Jiko PRESENT Chicken Salad



Ingredients

- 1 cup chopped ripe mango
- ½ cup chopped avocado
- · 1 tablespoon fresh lime juice
- · 4 skinless, boneless chicken breast halves chopped into small cube pieces
- · ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon olive oil
- ½ teaspoon cumin seeds
- 3 medium sweet peppers sliced (yellow, green and
- · 1 onion chopped
- · 2 cloves garlic, minced



Preparation Method

- 1. In a medium bowl, combine mango, avocado, and lime juice. Cover and set aside.
- 2. Sprinkle chicken with salt and black pepper. Set aside.
- 3. Light your Envirofit SuperSaver Charcoal Jiko using little charcoal.
- 4. In a very large nonstick skillet, heat oil over medium heat (by slightly closing the SuperSaver air regulator). Add chicken; cook for 8 to 10 minutes or until chicken is no longer pink, turning once halfway through cooking. Remove chicken from skillet and keep
- 5. Add cumin seeds to the hot skillet. Cook for about 30 seconds or until fragrant. Add garlic. Cook and stir for 2 to 3 minutes or until heated through.
- 6. Divide pepper mixture among four serving plates. Top with chicken. Spoon mango mixture over chicken.
- 7. Serve to your family and see them enjoy and want more!

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