

ENVIROFIT® & The SuperSaver Charcoal Jiko SMARTER LIVING PRESENT Chicken Salad



Food image courtesy of diabetictivngonline.com

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 red)
- 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 warm.
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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