



Fruity Mexican Chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1/2 cup of seasoned flour (flour, 1/2 teaspoon salt and 1/2 teaspoon chilli powder)
- Chicken breasts cut into medium sized pieces
- 2 spoonfuls of butter
- Olive oil
- 1 medium sized onion, thinly sliced
- 1 garlic clove, chopped
- Ground black pepper
- Ground cinnamon
- Ground ginger
- Chilli powder
- Tomato puree
- 450ml chicken stock
- 2 bananas, thinly sliced
- 1 tin of sliced pineapple
- 2 oranges, peeled and sliced
- 1 tablespoon brown sugar

Instructions

This is a recipe my parents have been making for years. Since moving out I've finally learnt how to make it myself! It is a delicious yet simple mix of spicy coated chicken and tangy fruits. You can make this with chicken breasts or leg and thigh pieces. Make sure all fruits are ripe before using or it'll ruin the flavour! Enjoy!

1. Dip the chicken pieces into the flour mix, shake off excess flour and leave on a
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plate.

2. In a large frying pan or wok, melt the butter with a small amount of olive oil over a moderate heat.
3. When the foam subsides, add the chicken and fry for about 10 minutes (depending on chicken cuts and sizes) until golden brown, turning occasionally.
4. Take the chicken out and transfer to a baking dish and put to one side.
5. Preheat the oven to 180C/350F/gas mark 4. Splash a tiny bit more oil into the pan, turn the heat to moderate and add the onions and garlic.
6. Stir for about 5 minutes, until the onion has softened.
7. Season with black pepper, a squeeze of tomato puree and 1 tablespoon each of the ground ginger, cinnamon and chilli powder. Stir for a further 2 minutes.
8. When the onions are well coated with the mix, slowly add the chicken stock. Stir well and bring to the boil, before turning the heat down and leaving to simmer for 5 minutes.
9. Pour the sauce over the chicken in the baking dish, ensuring the chicken is covered. Cover the chicken with the chopped bananas, oranges and pineapple, layering the fruits ontop of one another.
10. Sprinkle the sugar over the top of the fruit and bake for 45 minutes, until the chicken is cooked through.
11. Take the dish out of the oven and serve immediately with plain white rice. Enjoy!