



Chicken, Sweetcorn, Mango Salsa

Chicken (1.2kg max)

Sweetcorn

Mango salsa

Les vergers Boiron

Mango fruit Puree 400 ml

Rice wine vinegar 10 ml

Sugar 10 ml

Sauce

Double brown chicken stock .. 500 ml

Garnish

Small watercress for pepperiness

Prepare the chicken for roasting.

Roast in the oven for 35mins at 220°C

(within 10mins of roasting, brush the skin with mango puree to caramelize).

After 20mins of cooking, remove from the oven and allow to rest for a further 20mins.

Do not be impatient roasting a chicken!

Use whole fresh corn and roast – do not boil.

Pan fry with a little bit of butter.

Cut and remove from the core.

Bring to the boil.

Reduce by a third.

Finish with 20g butter.

Add 2tbsp of sweetcorn cornels.

Keep simple! Boil and reduce with a small bunch of thyme.

