Mango Chicken with Coconut Cauliflower Rice

This mango chicken is served over coconut cauliflower rice for a quick, easy and healthy spin on a take-out….! A simple recipe that makes enough for two to enjoy :)

Nutritional information per serving:

Calories: 591

Fat: 31g

Carbs: 43g

Protein: 36g

Ingredients:

For the sauce:
2 1/2 tsps Coconut oil, divided
1 1/2 tsp Fresh ginger, minced
1 tsp Garlic, minced
1/2 tsp Habanero pepper, minced
3/4 Cup Orange Mango Juice (100% pure juice)
1/2 tbsp. Coconut Aminos
1 tsp Tapioca flour

For the chicken:
3 tbsp. Tapioca flour
8oz Chicken breast, patted dry and cut into one-inch cubes
Salt + Pepper
2 tbsp. Coconut oil

For the cauliflower rice:
3 Cups Cauliflower, cut into bite-sized pieces
2 tsp Coconut oil
2 tbsp. Unsweetened coconut flakes

Garnish ingredients:
Large mango, cubed 1/2 mango
Cilantro to taste, roughly chopped
Green onion to taste, roughly chopped
1 tsp Sesame seeds

Sauce directions:

1. Heat 1-1/2 teaspoons of coconut oil in a large skillet over medium heat.
2. Add in the ginger, garlic, and habanero pepper, and cook until fragrant, about 1 minute. Add in the juice and coconut Aminos. Raise the temperature to high heat, and bring to a boil. While liquid is boiling, place the tapioca flour in a small bowl.
3. Once the liquid comes to a boil, add 2 teaspoons of it to the bowl with the tapioca flour and whisk until smooth. While stirring constantly, pour the tapioca mixture into the sauce and boil for 2 minutes.
4. After the sauce has boiled, reduce the heat to medium-low and simmer, stirring frequently, until the sauce reduces by about 1/4 and becomes shiny, about 6-7 minutes.
5. Transfer sauce to a large bowl to let it cool and thicken while you make the chicken.

Chicken instructions:

1. Place the tapioca flour in a large Ziploc bag. Cut the chicken into cubes, season it with salt and pepper and add it into the bag, shaking until evenly coated in the flour.
2. In a medium pan, heat 1 tablespoon of the coconut oil over medium-high heat. Place half of the chicken into the pan, being careful not to crowd it, and cook until golden and browned, about 2-3 minutes. Flip and repeat.
3. Transfer the chicken to a paper-towel-lined plate, and blot off any excess oil. Repeat with the remaining chicken. If the chicken starts cooking too quickly, turn the heat down slightly.
4. While the chicken cooks, place the cauliflower in a large food processor and process until broken down and rice-like.
5. Heat the 2 teaspoons of coconut oil in a large pan over medium-high heat and add the cauliflower and coconut flakes. Cook until lightly golden, about 2-3 minutes.
6. Cover, reduce the heat to medium, and cook until the cauliflower is tender, about 2-4 minutes.
7. Transfer the chicken and mango cubes into the bowl with the sauce and toss until evenly coated.
8. Divide the chicken and cauliflower between two plates and garnish with cilantro, green onion and sesame seeds.

Enjoy!