

# Coronation Chicken

## (with Mango & Salted Almond)



### INGREDIENTS

- 1 large chicken or 6 chicken breasts
- 30g unsalted butter
- 2 diced white onions
- ½ tsp LoSalt
- 1 tsp tomato puree
- 2 tsp curry powder
- juice and zest of 1 lemon
- 300ml chicken stock
- 150g crème fresh
- 150g mayonnaise
- 4 tbsp small chunk sandwich pickle (such as Branston)
- 1 small mango
- 50g flaked almonds
- 1 small bunch coriander
- Olive Oil

### METHOD

1. Roast the chicken simply with a sprinkle of LoSalt, the juice of a lemon and a good drizzle of olive oil. Roast in the centre of a pre-heated oven, gas mark 5, 375°F (190°C), for 20 minutes per lb (450 g) plus 10-20 minutes extra or until it reaches an internal temperature of 76°C.
2. Alternatively you can poach the chicken in stock, check its internal temperature to make sure it is cooked through.
3. To make the salted almonds, toss the almonds in a little olive oil and a pinch of LoSalt and roast in the oven for around 5-6 minutes until they are golden brown.

#### Curry Sauce

1. Sweat onions with LoSalt in butter until translucent and soft
2. Add curry powder and tomato puree to onions and cook for a further 2-3 minutes until fragrant
3. Then add the chicken stock, pickle, zest and juice of the lemon and reduce for around 15 minutes or until the onions are sticky
4. Allow onions to cool then mix with crème fraiche and mayonnaise
5. When the chicken is cooked remove from the oven and when it is cool enough to handle but still warm, shred the meat straight into the curry sauce. Serve immediately with diced mango, coriander and almonds scattered over the top, it's lovely with simple boiled rice. Alternatively chill it completely and serve cold as a salad or in a sandwich

**Serves 6-8**

**RECIPE BY:**  
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