

Mary's Mango Chutney Chicken

Ingredients:

- 4 boneless chicken breasts
- 1 stick butter
- 1/2 cup chopped onion
- 2 large cloves of garlic, minced
- 1/4 cup Dijon mustard
- 1/2 cup Honey
- 1 tsp salt
- 1 tsp curry powder
- 2 tbsp mango chutney (I like the Sharwood's brand)
- Handful of currants (optional)
- Rice & veggie



Directions:

1. Preheat oven to 400 degrees
2. Melt the butter in a big saucepan and sauté the onion and garlic until soft.
3. Add the rest of the ingredients and cook until it is all well heated. Then remove from heat a cool a bit.
4. Put 4 chicken breasts in an 8 x 8 casserole dish and cover in sauce.
5. Bake in the oven for 1 hour. You can baste if you like.
6. Serve with rice and a veggie.



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