

# WESTON ALL SAINTS PRIMARY & ABBOT ALPHEGE ACADEMY

## FREE-RANGE “POPCORN” CHICKEN WITH MANGO SALSA

MAKES 24 PORTIONS | 85p PER PORTION

### INGREDIENTS

#### POPCORN CHICKEN

1 bulb of garlic  
100g fresh dill  
120g free-range light mayonnaise  
24 free-range chicken breasts  
(57-60g)  
400g organic gluten-free, sugar-free  
puffed rice

#### MANGO SALSA & SALAD

1 red onion  
2 bell peppers (mix of red and  
yellow)  
1 cucumber  
120g vine cherry tomatoes  
1 whole mango  
1 bunch of fresh coriander  
1 jar of organic mango chutney  
organic mixed salad leaves

### METHOD

#### FOR THE CHICKEN

1. Crush the garlic and finely chop the dill, then add to the mayonnaise. Slowly add 5 tablespoons of water bit by bit to thin the mayonnaise, but be careful not to make it too watery.
2. Coat the chicken breasts with the mayonnaise.
3. Spread the puffed rice on a tray and place the chicken breasts onto the tray to fully coat the breasts in puffed rice.
4. Place on a baking sheet and bake in the oven for 15 minutes at 180°C.
5. Dice the red onion, peppers, half the cucumber, a few tomatoes and the mango. Finely chop the coriander and place it all in a bowl. Add the mango chutney and mix everything together.
6. Make a side salad out of the remaining salad ingredients.
7. Remove the chicken from the oven ensuring the centre is cooked and has reached above 75°C.
8. Plate up the chicken with a salad garnish and a teaspoon of the mango salsa.