

# CHICKEN, SWEETCORN, MANGO SALSA

Savoury recipe / by Adam Handling



## 1. Chicken

### Ingredients

Chicken

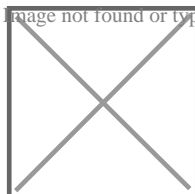
Prepare the chicken for roasting

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!

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## 2. Sweetcorn

Use whole fresh corn and roast – do not boil

Pan fry with a little bit of butter

Cut and remove from the core

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## 3. Mango salsa

### Ingredients

Ambient fruit purée 100% :  
Mango - 400ml

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Rice vinegar - 10ml

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Sugar - 10ml

Bring to the boil

Reduce by a third

Finish with 20g butter

Add 2tbsp of sweetcorn cornels

In this step

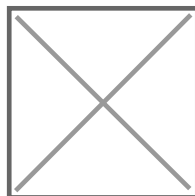


Ambient purée without  
added sugar\* : Mango

Ambient fruit purées

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## 4. Sauce



**Ingredients**

Chicken broth - 500ml

Keep simple!

Boil and reduce with a small bunch of thyme

Garnish

Small watercress for pepperiness

