

Monday Lunch - Mango Chicken with Tzatziki

(serves 4) - 30 mins prep + marinating time.
Virtually fat free.



1. Prepare your ingredients: peel & crush the garlic, peel & grate the ginger, peel & cut the flesh off the mango.
2. Peel the cucumber, halve it lengthways, remove the seeds & grate the flesh.
3. Chop the watercress & coriander.
4. Make a few incisions in each chicken fillet & place in non metallic dish. To make the marinade liquidise the mango, soy sauce, fish sauce, sweetener, ginger & garlic. Pour over the chicken & marinade for 4 hours, cling filmed in the fridge.
5. To make tzatziki mix yogurt, cucumber & watercress taste to adjust seasoning.
6. Pre heat grill to a high setting & cook the chicken for twenty minutes, turning & basting whilst cooking. (caramelising the juices)
7. Serve with salad & new potatoes, and sprinkle liberally with chopped coriander.

Ingredients:

- 2 peeled garlic cloves
- ½ inch/ 1cm root ginger
- 7 oz ripe mango
- ½ cucumber
- 3oz watercress
- 4 skinless chicken breast fillets
- 1 tbsp light soy sauce
- 1 tbsp fish sauce
- 1 tbsp artificial sweetener
- 4oz 0% total Greek yogurt
- A large handful of fresh coriander
- 7oz of boiled new potatoes, skin on
- Bowl of healthy mixed salad