



## INGREDIENTS

Rice for 4 persons

500 g chicken breast fillets, cut into cubes  
 1 tbsp sesame oil (alternatively only olive oil or cooking butter)  
 1 tbsp extra vergine olive oil  
 1 knob (approx. 3 cm) fresh ginger, peeled and finely chopped or grated  
 2 kafir lime leaves (or lemongrass stems)  
 1 onion, chopped  
 2 cloves  
 1 lemongrass stem  
 ½ tsp ground turmeric  
 2 tsp medium-hot curry powder  
 ½ tsp ground coriander (optional)  
 2 fresh Thai mangos  
 1 dl cream  
 salt and pepper  
 flat-leaf parsley or fresh coriander for the garnish, as required

Recipe: Erica Bänziger, [www.biogans.ch/erica](http://www.biogans.ch/erica)

## Bangladesh *Chicken curry with mango and jasmine rice*

Heat the sesame and olive oil in a pan and stir in the curry powder and cloves. Add the diced onion and finely chopped ginger, and sauté for 2-3 minutes. Add the turmeric, kafir lime leaves and lemongrass.

Place the chicken pieces into the pan with the spice mix and sauté lightly. Season with salt and cook until lightly browned. If necessary, add a little water or stock and simmer for around 10 minutes. Stir in the diced mango and the cream. Briefly bring to the boil, then add the coriander and, if necessary, a little salt to taste.

Serve with jasmine rice (prepared according to the instructions on the packet).

Instead of chicken breasts, this dish can also be made with tofu or fish. If preferred, the rice can be substituted with red lentils.