



Mango chicken, bean & rice bake



Gluten Free



Dairy Free



Popular

READY IN



90 min.

SERVINGS



4

CALORIES



939 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small bunch spring onion chopped
- ☐ 1 piece thumb-sized ginger chopped
- ☐ 3 garlic cloves
- ☐ 1 chilli red seeds removed if you don't like it too hot
- ☐ 1 small handful coriander leaves picked roughly chopped
- ☐ 1 tbsp thyme leaf
- ☐ 1 lime zest cut into wedges to serve
- ☐ 1.5 tsp ground allspice

- ☐ 2 tbsp unrefined sunflower oil
- ☐ 8 skin-on chicken drumsticks
- ☐ 300 g rice long grain
- ☐ 400 g kidney bean rinsed drained canned
- ☐ 500 ml chicken stock see
- ☐ 1 mangos ripe peeled cut into bite-sized chunks
- ☐ 200 g mango chutney

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ aluminum foil

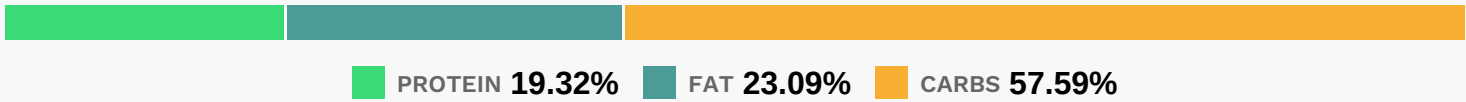
Directions

- ☐ Put the spring onions, ginger, garlic, chilli, coriander stalks, thyme, lime zest and juice, allspice and oil in a food processor, then blend to a paste.
- ☐ Pour over the chicken drumsticks and leave to marinate for at least 1 hr, or preferably up to 1 day.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Tip the rice and beans into a large roasting tin with deep sides.
- ☐ Remove the chicken from the marinade and set aside.
- ☐ Mix the stock into the marinade in the bowl and stir well.
- ☐ Pour the stock over the rice and beans, then put the chicken drumsticks and the mango pieces on top. Cover the tray tightly with foil and bake for 30 mins.
- ☐ Take the tray out of the oven and remove the foil. Increase the temperature to 220C/200C fan/gas
- ☐ Spoon the mango chutney over the drumsticks and return to the oven, uncovered, for 35–40 mins, to brown the chicken pieces and allow the rice to absorb all the liquid. Before serving, fluff up the rice a little with a fork and scatter with the coriander leaves.

☐

Serve with lime wedges and extra mango chutney, if you like.

Nutrition Facts



Properties

Glycemic Index:111.31, Glycemic Load:64.41, Inflammation Score:-10, Nutrition Score:35.43130467249%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg, Quercetin: 8.1mg

Nutrients (% of daily need)

Calories: 939.16kcal (46.96%), Fat: 24.03g (36.97%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 134.84g (44.95%), Net Carbohydrates: 123.79g (45.01%), Sugar: 34.83g (38.7%), Cholesterol: 143.11mg (47.7%), Sodium: 365.16mg (15.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.23g (90.46%), Manganese: 1.5mg (75.01%), Selenium: 46.52µg (66.46%), Vitamin C: 51mg (61.82%), Vitamin B3: 11.77mg (58.84%), Phosphorus: 547.84mg (54.78%), Vitamin B6: 1mg (50.11%), Folate: 184.33µg (46.08%), Fiber: 11.06g (44.22%), Copper: 0.73mg (36.61%), Zinc: 5.2mg (34.64%), Potassium: 1194.96mg (34.14%), Iron: 5.82mg (32.31%), Vitamin B2: 0.54mg (32.02%), Vitamin K: 32.3µg (30.76%), Magnesium: 116.41mg (29.1%), Vitamin B1: 0.43mg (28.37%), Vitamin B5: 2.75mg (27.51%), Vitamin E: 4.02mg (26.79%), Vitamin A: 963.36IU (19.27%), Vitamin B12: 0.83µg (13.88%), Calcium: 111.88mg (11.19%), Vitamin D: 0.15µg (1.01%)