

LE 18

MANGO CURRY CHICKEN THIGHS

This elegant recipe makes for easy prep, giving you a chance to put your feet up and enjoy a pre-dinner glass of Symphony Gewürztraminer as it roasts.

Yield: 4 servings

INGREDIENTS:

- 1/4 cup each sweet mango chutney and grainy mustard
- 1 tbsp each soy or tamari sauce and lemon juice
- 1 tsp mild Indian curry powder
- 2 cloves garlic, minced
- 8 bone-in, chicken thighs (skin-on or removed if preferred)
- Salt and pepper
- 2 tbsp olive oil
- 1 each green and yellow zucchini, sliced in 1/2-inch pieces then halved
- 1 red pepper, roughly chopped
- 1 cup drained canned chickpeas
- Sliced green onions (optional)
- Steamed jasmine rice (optional)

METHOD:

Preheat oven to 400°F. Whisk mango chutney with mustard, soy sauce, lemon juice, curry powder and garlic in a large bowl until well-combined. Measure out 2 tbsp and reserve in a separate medium bowl.

Season thighs with salt and pepper. Add chicken to large bowl and toss to coat in marinade.

In an oven-proof oiled skillet on medium-high heat, sear thighs on each side for about 3 minutes.

Meanwhile, stir olive oil into reserved marinade. Toss in zucchini, red pepper and chickpeas to coat.

Turn chicken skin-side-up. Scatter vegetable mixture around chicken and roast in the oven for 25 to 30 minutes or until chicken is cooked through and vegetables are golden. Garnish with green onion and serve with rice (if using).



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