Almond Crusted Chicken Breasts in Mango Sauce

Ingedients:

- 4 chicken breasts trimmed
- 2 tblspns melted butter
- 1 40gm packet cream of chicken soup mix

½ cup blanched almonds, chopped

Sauce:

- 1 435gm can mangoes
- ½ tspn minced ginger
- ¼ cup cream

Method:

Place chicken breasts in a shallow greased baking dish Mix together soup mix, butter and almonds Divide evenly into four portions and spread over chicken Bake at 180°C for 20 to 25 minutes or until cooked

Sauce:

Drain mangoes and reserve ¼ cup of juice Puree mangoes, reserved juice and ginger in a blender Place in a saucepan and bring to the boil, remove from heat and stir cream through

Serves 4. Preparation time 15 to 30 minutes