



Mango Curry Chicken Marinade

Looking to change up your weekly dinner recipe line-up? This delicious and easy chicken marinade will be your new go-to! This chicken can be made in advance and stored in the freezer for a quick, weeknight dinner. Pair with our favourite mango salsa (recipe included below) for extra flavour and freshness!

Recipe makes 4-6 servings

Prep time: 10 minutes

Cook time: 35 minutes



INGREDIENTS

For the marinade:

- 6 tbsp olive oil
- 6 tbsp curry powder
- 6 cloves garlic, minced (can use jarred minced garlic to save time)
- 6 tbsp liquid honey
- 4 boneless, skinless chicken breasts

For the mango salsa:

- 1 mango, chopped
- 1 bell pepper, finely diced
- 1 green onion, chopped finely
- 1 tbsp olive oil
- 2 tbsp fresh lime juice
- 1 clove garlic, minced
- 1/4 cup fresh cilantro, chopped (optional)

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INSTRUCTIONS

1. In a large mixing bowl, combine all marinade ingredients. Add chicken breasts and mix well to coat evenly. Marinade overnight and the next day, transfer chicken breasts into individual baggies and then place in the freezer. When you are ready to have one for dinner, take out of the freezer in the fridge to thaw in the morning.
2. Once thawed, bake chicken at 375 degrees F for about 35 minutes.
3. While chicken is baking, prepare the mango salsa by combining all ingredients in a bowl.
4. Serve chicken with rice or couscous, your favourite vegetables, and the prepared mango salsa. Looking for even more flavour? Pair with our creamy dill dip.

TIP

This marinade recipe goes great with any lean protein source, including chicken, shrimp, or tofu!

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