Coconut Chicken Fingers with Mango Chutney
Cheap, Fast and Healthy; October 18th

Ingredients:
- 4 boneless chicken breasts
- oil (for frying)

Chutney Ingredients
- 1 mango, peeled & cut into chunks
- 1 tablespoon fresh ginger
- 1 large jalapeno, seeded
- 1/2 cup vinegar, divided
- 1/4 cup golden raisins
- 1/4 teaspoon cinnamon
- 1/8 teaspoon cayenne pepper (to taste)
- 1/8 teaspoon nutmeg
- 1/4 teaspoon turmeric
- 1/4 cup sugar
- 1/2 teaspoon salt

Batter Ingredients
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon black pepper
- 1/2 cup water
- 1 tablespoon lemon juice

Breading Ingredients
- 1 cup dried coconut
- 1 cup breadcrumbs, unseasoned

Directions:
1. Start the chutney. Place ginger into mini chopper and pulse until finely minced. Add mango pieces, jalapeno, and half of the vinegar. Pulse until finely chopped, but not pureed.
2. Pour into heavy bottomed saucepan and add the remaining chutney ingredients. Bring to boil, then reduce to medium heat. Stir often to prevent sticking. Cook until thickened, approx 23 minutes.
3. While the chutney is cooking cut chicken breasts into fingers, 4-5 per breast depending on size.
4. Make batter. Mix flour, salt, ground ginger, black pepper, water, & lemon juice in large bowl. (The batter will be thin, thinner than pancake batter.) Add chicken fingers & let rest.
5. Mix breading. (I lightly pulse the coconut to a smaller size.) Mix the coconut & breadcrumbs. Set aside.
6. Take wet, batter coated chicken fingers and roll in the coconut mixture, pressing lightly to ensure the coating sticks. Spray tops of chicken fingers with pam and place in the oven to back 6 mins on both sides
7. Serve with the mango chutney for dipping.