

Spicy Mango Chicken Stir-Fry

A vibrant and tangy stir-fry featuring juicy mango slices paired with tender chicken and a kick of spice. Perfect for a quick, flavorful meal that balances sweet and savory notes.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 ripe mango, peeled and sliced
- 150g chicken breast, thinly sliced
- 1 small red bell pepper, sliced
- 1 garlic clove, minced
- 1 tsp soy sauce
- 1/2 tsp chili flakes
- 1 tsp olive oil
- Salt and pepper to taste
- Fresh cilantro for garnish

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add minced garlic and red bell pepper, sauté for 2 minutes.
- 3 Add chicken slices, season with salt, pepper, and chili flakes. Cook until chicken is browned and cooked through, about 5-7 minutes.
- 4 Stir in soy sauce and mango slices, cook for another 2 minutes to warm the mango and blend flavors.
- 5 Remove from heat, garnish with fresh cilantro, and serve immediately.