

# Curried Chard with Fresh Mango

Yet another way to enjoy fresh greens is with curry. Curry seasonings are common in warmer climates, and I find them very satisfying in hot weather. Use commercial yellow curry or homemade Masala Curry Spice mix.

Use fresh mango, if possible, but frozen is another option. Plant-based “chickenless” tenders, or optional chicken, will add extra protein to the meal .

**Preparation Time: 45 minutes - Serves: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they are easy to add. Prep 2 cloves chopped garlic: 1 for the Curry Sauce and 1 for the chard. Prep 3/4 C. chopped onion: 1/4 C. for the Curry Sauce and 1/2 C. for the chard.

#### Brown Rice

1 C. brown rice  
2 C. water  
  
1/4 C. nonfat milk  
mixed with  
1/2 tsp. coconut extract

#### Plant-based Choice or Optional Chicken

##### Plant-based Choice:

1 tsp. olive oil  
5 “chickenless” tenders

- or -

##### Optional Chicken:

1 tsp. olive oil  
1 skinless, boneless chicken breast  
1/2 C. white wine  
salt and pepper to taste

#### Curry Sauce

1 tsp olive oil  
1 clove garlic (smashed and chopped)  
1/4 C. onion (chopped)  
1/2 C. low-sodium veggie broth  
2 tsp. low-sodium soy sauce  
2 T. balsamic vinegar  
1/2 tsp. grated fresh ginger  
2 tsp. yellow curry or Masala Curry powder  
1/2 tsp. ground turmeric  
1T. molasses or sorghum  
  
2 T. cornstarch  
dissolved in  
1/2 C. water

#### Curried Chard/Mango

1 tsp. olive oil  
1 clove garlic (smashed and chopped)  
1/4 C. white wine  
1/2 C. onion (chopped)  
1/4 C. low-sodium vegetable broth  
1 bunch chard (stems and leaves chopped separately)  
  
Curry Sauce (see recipe)  
1/2 red bell pepper (seeded and thin sliced)  
  
2 C. fresh mango (chopped)  
juice from 1/2 of a lime

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Information

To get things started, put the rice on to cook. Combine rice, water, milk and coconut extract in a medium saucepan and bring to a hard boil. Reduce heat to medium-low, cover and set a timer for 25 minutes. Preheat oven to 375°.

### Plant-based Choice or Optional Chicken

#### Plant-based Choice:

Place tenders on an oiled cookie sheet in a preheated oven for 15 minutes. Turn after 8 minutes. Allow to cool and slice.

#### Optional Chicken:

Brown chicken breast in oil in a small sauté pan. Add white wine. Cover reduce heat to medium-low and cook 5 minutes per side. Season with salt and pepper. Let cool and slice.

### Curry Sauce

1. Toss garlic in oil until it begins to brown. Add all remaining ingredients except cornstarch and water. Bring to a boil. Reduce heat to low and cook 5 minutes.
2. Thicken with cornstarch mixture and cook another 5 minutes. Set a timer.

### Curried Chard/Mango

1. Toss garlic in oil until it becomes fragrant.
2. Add white wine, chopped onion, vegetable broth and chopped stems from chard. Bring to a boil. Reduce heat to low and cook 10 minutes.
3. Add Curry sauce and sliced peppers. Toss for 3 minutes.
4. Add chopped leaves from chard and chopped mango. Toss 2 minutes.

### Plate the Meal

Using a soup ladle, shape 2/3 C. cooked rice into a dome and place on the center of each dinner plate.

Divide greens mixture evenly over and around the rice. Drizzle with lime juice. Top with chicken or plant-based choice.

### What I've Learned from this Recipe

Remember that curry sauce is what you put together to season the prospective meal. Feel free to add or subtract herbs and spices to fit your personal preferences. Fresh herbs such as cilantro are often good additions.

Let us know what you think, and ask any questions you may have. [chezdon@plate6.com](mailto:chezdon@plate6.com)