

MINT FISH or MINT CHICKEN

Ingredients: Mampster™ Fresh Green Chutney, chicken breast or fish of choice (3-4 pieces), yogourt, olive oil and salt.

Directions: In a bowl combine 75 ml of Mampster™ Fresh Green Chutney, 2 tablespoons of olive oil and 250ml of yogourt. Add salt to taste and mix slowly. Add chicken or fish to mix, cover and refrigerate for 3 to 4 hours. Preheat oven. Put marinated chicken or fish into caserole, cover with foil and bake:

Chicken - at 350 °C for 40 to 45 min.

Fish - at 350 °C 15 to 18 min.



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