PEACH AND MANGO CURRY

MAKES
4 SERVINGS

TIME
30 MINUTES

Fruit in a savory stew is nothing new (especially since tomatoes are a fruit), and believe me, it’s impossible to resist a dish that tastes this spicy, fresh, and bright—and comes together so fast. Use whatever fruit you’ve got, especially if it’s over- or underripe. Serve over rice.

INGREDIENTS

2 tablespoons vegetable oil
1 large onion, chopped
2 tablespoons minced ginger
Salt and black pepper
2 tablespoons curry powder
3 peaches, peeled if you like, pitted, and chopped
1 mango, peeled, pitted, and chopped
4 large ripe tomatoes, chopped
1/2 cup coconut milk
Chopped fresh cilantro, for garnish
Chopped pistachios, for garnish, optional

INSTRUCTIONS

1. Put the oil in a large, deep skillet over medium heat for 1 minute. Add the onion and ginger and sprinkle with salt and pepper. Cook, stirring occasionally, until soft, about 5 minutes. Add the curry powder and cook, stirring, until fragrant, 30 seconds or so.

2. Stir in the fruit (including the tomatoes) and coconut milk and raise the heat so the mixture bubbles a bit. Cook, stirring occasionally, until the fruit is soft and the mixture thickens, 5 to 10 minutes. Taste and adjust the seasoning, garnish with the cilantro and nuts if you’re using them, and serve.

Peach and Mango Curry With Chicken
In Step 1, before you add the vegetables to the skillet, sear about 12 ounces boneless, skinless chicken breast or thighs in the oil over medium-high heat. Turn and rotate as
needed until the pieces are nicely browned and almost cooked through, 5 to 10 minutes. Remove the meat from the pan and proceed with the recipe. After adding the fruit in Step 2, return the chicken to the pan to finish cooking. Fish it out and taste the fruit and adjust the seasoning. Slice the chicken on the diagonal and serve alongside the curry.

Recipe from The Food Matters Cookbook