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**Coconut-Crusted Chicken  
with Mango Ginger Mint Salsa  
Courtesy of Chef Michael Smith**

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Crusting is a time-honoured way to jazz up just about any meat or fish by enclosing it with flavour and texture. Coconut ranks as an ideal crusting candidate, especially on chicken breasts. Its distinctive crunchy texture adheres easily to the meat while its sweet island taste inspires a simple tasty salsa.

1	large ripe mango, peeled and diced	1
2	green onions, thinly sliced	2
½ cup	red bell pepper, finely chopped	125 mL
½ cup	mint sprigs, tightly stacked, rolled, and thinly sliced	125 mL
1	lime, zest and juice	1
1 tbsp.	lime juice, fresh	15 mL
1 Tbsp	ginger, frozen and grated	15 mL
1 Tbsp	honey	15 mL
1 tsp	olive oil	5 mL
¼ tsp	salt	1 mL
1 cup	all purpose flour	250 mL
2	eggs, lightly whisked	2
2 cups	flaked or shredded coconut sweetened or unsweetened	500 mL
	salt and pepper to taste	
4	large boneless skinless chicken breasts, trimmed and patted dry	4

### **SALSA**

Toss together the mango, green onions, red pepper, mint, lime zest, lime juice, ginger, honey, olive oil, and salt. Reserve.

- Preheat oven to 400°F (200°C)
- Lightly oil a baking sheet
- Put the flour, eggs and coconut into 3 separate bowls.
- Season the flour.
- Working with on breast at a time, dredge the chicken in the flour, coating it evenly and shaking off any excess.
- Dip the chicken into the egg, coating it evenly and letting any excess drip off.
- Finally, dip the chicken into the coconut, turning, pressing, and sprinkling as needed so the crust adheres.
- Place the crusted breast on the baking sheet.
- Repeat with the remaining chicken.
- Bake until the breasts are golden brown and crusty, 15 to 20 minutes.
- The chicken is done when a meat thermometer inserted in its thickest part register 160°F (170°C).
- Arrange on a serving platter and top with the salsa. Serve and share!

Preparation Time: 20 min.

Cooking Time: 15 - 20 min.

Serves: 4