



Mango Chik'n

- 1 can (13 ounce) FriChik, reserve the gravy
- 1 onion, slivered
- 1 fresh mango, diced (can use frozen mango)
- 5 Medjool dates, softened in hot water
- 1 clove garlic
- 1 small piece ginger, grated
- ¼ cup Tamari, soy sauce, or Bragg Liquid Aminos
- ¼ cup rice vinegar
- 1 teaspoon Vegetarian Express Veggie Chick Seasoning
- 1 tablespoon toasted sesame seeds, optional
- Cooked rice

Directions: Cut FriChik into bite-sized pieces. Combine the gravy from the FriChik can with the soy sauce, rice vinegar, dates, garlic, ginger, and Veggie Chick Seasoning. Blend on high until smooth. Add water if sauce is too thick. Sauté the onions in a skillet until translucent. Add the FriChik and sauce. Simmer for five minutes. Add the mango and heat a couple more minutes. Top with sesame seeds, optional. Serve over rice.

Submitted by N. S. of North Carolina