

With the best recommendations  
**Ferndale Guesthouse & Restaurant**  
Keel, Achill Island, co. Mayo

## *Chicken Bake Atlantica*

*Even with the beautiful late summer, I decided to go for a more autumnal dish. This dish I created for special friends of mine and they loved it and even though it might not be to everyone's taste there will be variations of that dish.*

*for 4 people*

### **Ingredients**

- **4 chicken fillets( preferably free range)**
- **2 bananas green**
- **2 spoon mango chutney**
- **3 shallots**
- **1 teaspoon of garlic**
- **4 spoon of sour cream**
- **1/2 orange**
- **1 lime**
- **2 teaspoon curry powder (preferably from the Caribbean islands**
- **3 egg yolk**
- **Grated cheese mix mozzarella and cheddar**

*Cut the fillets in long stripes, and season with fresh herbs like chives and coriander, a little curry powder salt and pepper.*

*In a bowl mash the bananas with a fork, until soft and smooth. Add the mango chutney. Cut the shallots into small rings and add them to the bananas together with the garlic. Squeeze the orange and add as well the chunky bits. Half the lime and squeeze it into the bowl. Add a teaspoon of the curry powder (if you like it spicy add another teaspoon or go for madras curry or raz el hanout).Season it with salt and pepper. Mix all ingredients well, and last ad the egg yolks to the mixture.*

*Place the chicken fillets into an baking dish, and add the whole mixture over the chicken fillets until all of them are covered.*

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## *Chicken Bake Atlantica (continued)*

*Preheat the oven to 200°C and put the dish in and bake for 20 minutes. Remove the dish from the oven and add the mixed grated cheese. Bake for another 10 to 12 minutes until the cheese is golden brown.*

*A Fantastic accompaniement to this dish is some Basmati rice or Jasmin rice.*

*Tip: If you like it less spicyt ad into the mixture a spoon of Honey. For a more spicy texture ad 1 teaspoon of cayenne pepper and a pinch of cinnamon.*