

# SWEET CHICKEN AND MANGETOUT

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2 persons / 479 kcal per person

## Ingredients:

- 120 grams basmati rice
- ½ medium onion
- 1 garlic clove
- 100 grams of fresh mangetout
- ¼ Chinese cabbage
- 200 grams of chicken thigh fillet
- 1 tablespoon of olive oil
- 1½ tablespoons of soy sauce
- ½ tablespoon of light or dark caster sugar
- pepper and salt

## Preparation:

Cook the rice according to the instructions on the package. Cut the onion into rings and finely chop the garlic. Wash the vegetables before use. Break off the end of the mangetout and pull the string loose. Cut the leaf in half. Cut both parts separately into strips. Cut the chicken fillet into strips and sprinkle with salt and pepper. Heat the oil in a wok and brown the chicken for 3 minutes. Add the garlic and cook for 1 minute more. Remove the chicken from the wok and keep warm under aluminium foil. Fry the onion in the remaining shortening in the wok

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for 1 minute. Add the mangetout, lower part of the cabbage leaf, soy sauce and sugar and stir-fry for 4 minutes until the mangetout are al dente. Stir in the chicken and top of the cabbage strips and stir-fry for a further 2 minutes. Divide the sweet chicken among the plates. Serve with the rice.

Nutritional value per person:

Energy:	479 kcal
Protein:	26.1 grams
Carbohydrates:	57.5 grams
- including sugars:	7.5 grams
Fat:	15.1 grams
Fiber:	4.4 grams
Salt:	2.3 grams