

CHICKEN RAGOUT WITH CHESTNUT MUSHROOMS & BROCCOLI RICE

2 persons / 395 kcal per serving

Ingredients

- 75 grams basmati rice
- 15 grams unsalted butter
- 150 grams sliced onions
- 200 grams chicken fillet cubes
- 200 grams chestnut mushrooms
- 1 tablespoon wheat flour
- 1/2 chicken stock tablet
- 75 ml tap water
- 200 grams broccoli rice
- 10 grams fresh celery
- pepper and salt



Preparation:

Cook the rice in salted water according to package directions. Heat the butter in a frying pan and fry the onion over medium heat for 3 minutes. Meanwhile, cut the mushrooms into wedges. Add the chicken and mushrooms to the fried onion and fry for 5 minutes. Stir regularly. Lower the heat. Add the flour and cook for another 2 minutes. Crumble the stock tablet over the pan and add some fresh pepper and add the water. Cook for 5 minutes. Add extra water if the sauce is too thick. Spoon the broccoli rice with the cooked rice after draining and let it steam for 5 minutes with the lid on the pan. Cut the celery coarsely. Divide the broccoli rice and ragout among the plates. Sprinkle the celery over the ragout and serve.

Nutritional value per portion:

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| Energy: | 395 kcal |
| Protein: | 33.8 grams |
| Carbohydrates: | 40.47 grams |
| - including sugars: | 6.0 grams |
| Fat: | 9.3 grams |
| Fiber: | 6.8 grams |
| Salt: | 1.9 grams |