

CHICKEN IN ORIENTAL HERBAL MARINADE WITH TOMATO, SNOW PEAS AND CAULIFLOWER RICE

2 persons / 417 kcal per portion

Ingredients:

- 150 grams Greek yogurt
- ½ teaspoon coriander powder
- ½ teaspoon bell pepper powder
- ½ teaspoon ras el hanout
- ½ teaspoon cumin seeds
- 6 tablespoons sieved tomato
- 3 tomatoes in cubes
- 2 cloves of garlic
- 2 onion
- ½ teaspoon ginger powder
- 200 grams snow peas
- 300 grams chicken
- 200 grams cauliflower rice
- black pepper and salt



Preparation:

Make the marinade by mixing the Greek yogurt, coriander and bell pepper powder, ras el hanout, cumin seeds, some black pepper and a pinch of salt in a bowl. Cut the chicken into pieces (if necessary) and mix it into the marinade. Put the chicken marinade in the fridge for at least an hour. Finely chop the onion and garlic. Break the stem ends off of the snow peas and pull off the strings. Fry the onion with garlic and ginger in the sieved tomato for 3 minutes over medium heat. Add the tomato cubes, fry for 2 minutes. Remove the chicken marinade from the fridge and add it to the sauce in its entirety. Stir well and add the snow peas. Bring to the boil and then braise on low heat for 20 minutes. Meanwhile, cook the cauliflower rice as described on the package.