

CHICKEN CURRY WITH RICE AND SHANGHAI PAK CHOI

2 persons / 578 kcal per portion

Ingredients:

- 140 grams brown rice
- 2 medium sized onions
- 1 tablespoon oil
- 225 grams chicken tenderloin
- 1 tablespoon flour
- 1 teaspoon curry powder
- 100 ml coconut milk
- ½ chicken broth tablet
- 100 ml of water
- 2 shrubs Shanghai pak choi (or 1 shrub pak choi)
- ½ tablespoon white sesame seeds
- 1 clove of garlic
- red pepper (pasta)
- pepper and salt



Preparation:

Cut the onions into half rings. Finely chop the garlic. Cut the pak choi into 2 cm strips. Toast the sesame seed for 2 minutes in a frying pan without oil or butter, let cool on a paper towel. Heat a ½ tablespoon of oil in a frying pan and fry the chicken tenderloins over a high heat until brown. Reduce the heat to low, add the onion and for more spicy taste some red pepper (pasta) and fry for 2 minutes. Add the flour, curry powder and any salt. Stir well and cook over low heat for 3 minutes. Stir in coconut milk, bouillon tablet and water and bring to the boil. Reduce the heat to low and simmer for 10 minutes without the lid. Meanwhile, cook the rice according to the instructions on the package. Heat a ½ tablespoon of oil in a wok. Fry the garlic for 1 minute. Add the pak choi and stir-fry for 2 minutes. Season with salt and pepper if necessary. Serve the rice with the chicken curry and the pak choi. Sprinkle the dish with the sesame seeds.