

CHICKEN RAGOUT WITH RICE AND CARROT SALAD

2 persons / 577 kcal per person

Ingredients:

- 1 tablespoon of liquid honey
- 2 tablespoons of vinegar
- 300 grams of carrot
- 130 grams of basmati rice
- 150 grams of chicken thigh fillet
- 15 grams of unsalted butter
- 1 tablespoon of wheat flour
- 50 ml tap water
- 75 grams of cream cheese herbs
- pepper and salt



Preparation:

mix the honey with the vinegar in a bowl and season with salt and pepper. Grate the carrot and stir through the dressing. Cook the rice according to the directions on the package. Cut the chicken thighs into pieces. Meanwhile, heat the butter in a frying pan and fry the chicken for 6 minutes until golden brown. Add the flour and fry for 2 minutes. Add the water and cream cheese and stir until a thick sauce forms. Heat for another 3 minutes on low heat. Serve the chicken ragout with the rice and salad.

Nutritional value per person:

Energy:	577 kcal
Protein:	21.5 grams
Carbohydrates:	64.8 grams
- including sugars:	10.9 grams
Fat:	23.8 grams
Fiber:	7.4 grams
Salt:	1.8 grams