

VEGA CHICKEN TERIYAKI WITH SPINACH & RICE

2 persons / 555 kcal per person

Ingredients:

- 130 grams of basmati rice
- 1½ red onion
- 1½ tablespoons of olive oil
- 170 grams of Quorn pieces or vegetarian "pieces like chicken"
- 400 grams of fresh spinach
- salt
- homemade teriyaki sauce wok sauce
 - 75 ml soy sauce
 - 10 ml (rice) vinegar
 - 1½ tablespoons of honey
 - 1½ teaspoons of fresh garlic
 - 1½ teaspoons ginger powder
 - 1 teaspoon of Chili powder



Preparation:

Prepare the teriyaki sauce a few hours in advance, so the flavors can absorb well. Finely chop the garlic, mix it with the soy sauce, vinegar, honey, ginger powder and chili powder and put it in the fridge. Cook the rice according to the directions on the package. Meanwhile cut the onions into wedges. Heat ½ tablespoon of oil in a frying pan and fry the red onion over medium heat for 8 minutes. Meanwhile, heat the rest of the oil in a wok or frying pan over high heat and stir-fry the vega chicken pieces for 5 minutes until golden brown. Add the spinach in parts and let it shrink. Add the wok sauce and heat for 1 minute over medium heat. Serve the rice with the Quorn teriyaki pieces and place the fried onion on top.

Nutritional value per person:

Energy:	555 kcal
Protein:	27.1 grams
Carbohydrates:	73.2 grams
- including sugars:	16.6 grams
Fat:	13.7 grams
Fiber:	14.2 grams
Salt:	5.6 grams