

# HOT CHICKEN WITH CUCUMBER SALAD

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2 persons / 593 kcal per person

## Ingredients:

- 130 grams basmati rice
- 1 cucumber
- 1 tablespoon (white wine) vinegar
- 200 grams of chicken thigh fillet
- 1 tablespoon of olive oil
- 50 ml sweet soy sauce
- 25 ml curry or ketchup
- 100 ml tap water
- 1½ tablespoons of peanut butter
- 1 teaspoon of sambal oelek
- pepper and salt

## Preparation:

Cook the rice according to the instructions on the package. Slice the cucumber into slices or long ribbons. Marinate the cucumber in the vinegar and season with (freshly ground) salt and pepper. Cut the chicken thigh fillet into strips. Season the chicken with (freshly ground) salt and pepper. Heat the oil in a frying pan and fry the chicken strips until golden brown. Add the sweet soy sauce, curry and water and bring to boil. Lower the heat and simmer the chicken for 15 minutes.

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Stir in the peanut butter until a thick sauce forms. Season the chicken spicy with the sambal. Let the chicken simmer for another 5 minutes. Serve the hot chicken with the rice and cucumber salad.

Nutritional value per person:

Energy:	593 kcal
Protein:	29.1 grams
Carbohydrates:	70.9 grams
- including sugars:	17.6 grams
Fat:	20.4 grams
Fiber:	3.2 grams
Salt:	3.2 grams