

# ASIAN CHICKEN WITH SPICY RICE

2 persons / 571 kcal per person

## Ingredients:

- 250 grams of chicken thigh fillet
- ¼ tablespoon of oil
- 1 red bell pepper
- 1½ clove of garlic
- 1½ centimeters of ginger
- ½ red onion
- 2 tablespoons of soy sauce
- 1 tablespoon of sweet soy sauce
- 1 tablespoon chili sauce
- ½ tablespoon of brown sugar
- 1 teaspoon of sambal oelek
- ½ tablespoon of lemon juice
- 1 tablespoon of cornstarch
- 1 spring onion / salad onion
- 20 grams of cashew nuts
- 130 grams of pandan rice
- ½ onion
- ¼ vegetable stock cube
- pepper and salt



## Preparation:

Finely chop the onion. Heat a saucepan without oil and briefly fry the onions until translucent. Add the crumbled stock cube and fry for a few seconds. Add the rice and fry it briefly. Add 235 ml hot water, bring to a boil and simmer for 8 minutes. Remove the rice from the heat and then let it rest for 10-15 minutes with the lid on the pan. Meanwhile cut the bell pepper into thin strips. The red onion in half rings. Finely grate the garlic and ginger. Cut the chicken into small pieces. Sprinkle the chicken with pepper, salt and ½ tablespoon of cornstarch. Heat the oil in a wok or frying pan and fry the chicken until golden brown and done. Remove the chicken from the pan and briefly fry the bell pepper with the red onion, garlic, ginger and sambal. Then add the soy sauce, sweet soy sauce, brown sugar, chili sauce, lemon juice and 75 ml water. Bring to a boil and simmer for 5 minutes. Mix ½ teaspoon of cornstarch with a splash of cold water. Stir this through the sauce. Add the chicken again and warm it in the sauce. Cut the spring onion into thin rings and coarsely chop the cashew nuts. Serve this with the rice and Asian chicken.

# ASIAN CHICKEN WITH SPICY RICE

---

Nutritional value per person:

Energy:	571 kcal
Protein:	34.2 grams
Carbohydrates:	65.9 grams
- including sugars:	11.9 grams
Fat:	17.7 grams
Fiber:	3.5 grams
Salt:	4.9 grams