

HOT CHICKEN WITH CAULIFLOWER RICE

4 persons / 391 kcal per person

Ingredients:

- 400 grams of chicken thighs
- 1 onion
- 2 cloves of garlic
- 6 tablespoons of ketchup
- 4 tablespoons of soy sauce
- 2 teaspoons of sambal
- 4 tablespoons of peanut butter
- 4 tablespoons of water
- 800 grams of cauliflower rice
- 2 cucumbers
- 30 grams of fried onions
- 1 tablespoon of olive oil
- 2 teaspoons of sugar
- salt



Preparation:

Cut the onion into small pieces on a cutting board and crush the garlic. Cut the chicken thighs into cubes. Add the olive oil to a frying pan and fry the onion and garlic in it. After about 2 minutes, add the chicken cubes and fry them until done and brown. Add the ketchup, soy sauce, sambal, peanut butter, water and sugar to the pan. Let the contents of the pan simmer for about 5 minutes, until the sauce has thickened. Add some extra water if the sauce becomes too thick. Add salt to taste. Cook the cauliflower rice according to the description on the package. Slice the cucumber. Garnish with fried onions.

Nutritional value per person:

Energy:	391 kcal
Protein:	26.3 grams
Carbohydrates:	16.9 grams
- including sugars:	7.4 grams
Fat:	22.5 grams
Fiber:	5.4 grams
Salt:	2.9 grams