

# RICE WITH CHICKEN IN PEANUT DRESSING AND VEGETABLES

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2 persons / 552 kcal per person

## Ingredients:

- 120 grams basmati rice
- ½ clove of garlic
- ½ cucumber
- 1½ tablespoon of natural vinegar
- 125 grams of carrots
- 200 grams of green beans
- 200 grams of chicken thigh fillet
- 2 tablespoons of 100% peanut butter natural
- 3 tablespoons of water
- ½ teaspoon of sambal
- freshly ground pepper and salt

## Preparation:

Finely chop the garlic. Cook the rice in boiling water with salt along with the garlic according to the instructions on the rice packaging and drain. Set aside until use. Meanwhile, use a cheese slicer or vegetable peeler to slice the cucumber lengthwise into wafer-thin slices and mix with  $\frac{2}{3}$  of the vinegar and some pepper. Set aside until use. Halve the winter carrot lengthwise and cut into thin slanted slices of approx. ½ cm. Cook the green beans for 9 minutes. Add the

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carrot for the last 3 minutes. Drain the vegetables and season with pepper. Meanwhile, cut the chicken into thin strips. Heat a frying pan and fry the chicken on a high heat for about 3-4 minutes. Mix the peanut butter with the rest of the vinegar, sambal and the water and toss with the chicken. Use more water if you want the sauce to be thinner. Season with pepper and possibly salt. Divide the rice and vegetables over plates and divide the chicken with the peanut dressing over it. Serve with the cucumber ribbons.

Nutritional value per person:

Energy:	552 kcal
Protein:	32.5 grams
Carbohydrates:	56.3 grams
- including sugars:	6.0 grams
Fat:	19.8 grams
Fiber:	8.8 grams
Salt:	1.3 grams