

# TJAP TJOY

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2 persons / 578 kcal per portion

## Ingredients:

- 400 grams stir-fry vegetables Italian with chestnut mushrooms
- 1 sweet pointed pepper
- 100 grams winter carrot
- 200 ml chicken stock
- 3 teaspoons corn-starch
- 1 teaspoon ginger powder
- 1 clove of garlic
- 2 tablespoons soy sauce
- 200 grams chicken thighs
- 1 tablespoon olive oil
- 140 grams pandan rice
- pepper and salt



## Preparation:

Cut the chicken thighs into cubes. Slice the carrot into very thin slices. Cut the pointed pepper in half rings. Finely chop the garlic. Make the chicken stock by dissolving 1 tablet in 500 ml of boiling water. Boil the rice with any salt for 10 minutes. Drain and leave with the lid on the pan for 10-15 minutes. Heat the oil in a pan and fry the chicken in 2 minutes with garlic and ginger. Add the vegetables and stir fry for 2 minutes. Add the soy sauce and fry it briefly. Pour in the chicken stock and add with tap water until the vegetables and chicken are just below. Simmer for 10 minutes over medium heat with the lid on the pan. In a cup, mix the cornflour with a little water. Remove the lid from the pan and add the cornflour to the sauce. Reduce until the sauce binds. Season with pepper and possibly salt.

## Nutritional value per portion:

Energy:	578 kcal
Protein:	59.5 grams
Carbohydrates:	149,6 grams
- including sugars:	19.6 grams
Fat:	30.6 grams
Fiber:	14.8 grams
Salt:	6.3 grams