

- 120 grams of rice
- 100 grams of chicken fillet
- ½ chicken stock cube
- 1 tablespoon of oil
- 1 clove of garlic
- ½ onion
- ½ teaspoon ginger
- 250 grams of Chinese style wok vegetables
- 4 eggs

- 1½ tablespoons of diced tomatoes with basil and oregano or tomato paste
- 1 tablespoon ketchup
- 1 tablespoon of water
- ½ tablespoon soy sauce
- ½ tablespoon (apple) vinegar

FOE YONG HAI WITH CHICKEN

Preparation:

Cook the rice according to the instructions. Boil 500 ml of water, dissolve the chicken stock cube and place the chicken fillet in it and let it simmer for 10 – 15 minutes. Pull apart with 2 forks or chop finely. Chop the onion, grate the ginger, and chop the garlic finely. Heat a frying pan with oil and fry the garlic, onion and ginger until the onion is translucent. Add the wok vegetables and fry for 5 minutes. Stir in the chicken. In the meantime, beat the eggs with a whisk or a hand blender. Season with a generous pinch of salt and pepper. Add the egg mixture to the vegetables with chicken. Close with the lid and let the vegetable omelette cook. You can also turn the omelette after 5 minutes, when the egg has set. It's no problem if the omelette breaks. In the meantime, heat all the ingredients for the foe yong hai sauce. Serve the omelette with rice and sauce to taste.

Nutritional value per person:

Energy:	530 kcal
Protein:	29.8 grams
Carbohydrates:	54.8 grams
- including sugars:	5.8 grams
Fat:	20.1 grams
Fiber:	4.9 grams
Salt:	1.9 grams