

CHICKEN SATAY WITH CUCUMBER-BEAN SPROUTS SALAD

2 persons / 596 kcal per serving

Ingredients:

- 200 grams chicken thighs
- 2 tablespoons sweet soy sauce
- 150 grams white rice
- ½ cucumber
- 125 grams bean sprouts
- 1 tablespoon white wine vinegar
- 100 grams peanut sauce
- pepper and salt



Preparation

Cut the chicken thighs into cubes. Spoon the chicken with 1½ tablespoon soy sauce and salt and pepper to taste. Cover and let marinate for at least 10 minutes. Meanwhile, cook the rice according to package directions. Cut the cucumber into pieces. Mix the cucumber with the bean sprouts, vinegar and the rest of the soy sauce. Season with salt and pepper. Thread the chicken on the skewers. Roast on the contact grill for about 2-3 minutes until brown and cooked through. Meanwhile, heat the peanut sauce. Divide the chicken satay over 2 plates and together with the peanut sauce and rice. Serve with the cucumber-bean sprouts salad.

Nutritional value per portion:

Energy:	595 kcal
Protein:	32.6 grams
Carbohydrates:	80.1 grams
- including sugars:	11.5 grams
Fat:	15.6 grams
Fiber:	4.6 grams
Salt:	3.5 grams