

CHICKEN & VEGETABLES IN SATAY SAUCE

2 persons / 567 kcal per portion

Ingredients:

- 200 grams cauliflower rice
- 1 tablespoon oil
- 200 grams chicken thighs
- ½ clove of garlic
- 1 leek
- 100 grams (sliced) pointed cabbage
- 200 grams ready-made satay sauce
- 125 grams carrots
- pepper and salt



Preparation:

Cut the chicken thighs into cubes. Finely chop the garlic. Cut the leeks into slanted rings. Cut the carrots into half slices. Heat 1 tablespoon of oil and stir fry the chicken thighs over medium heat for 5 minutes. Add the garlic in the last minute. Remove the chicken from the wok and keep warm under a lid. Stir fry in the remaining oil the leek and the pointed cabbage for 4 minutes until the pointed cabbage shrinks. Season with pepper. Add the satay sauce and 50 ml of water. Bring to the boil while stirring. Add the carrots, cover and simmer over low heat for about 8 minutes. Add the chicken and heat for 2 more minutes. Meanwhile, bring water with salt to a boil, add the cauliflower rice and cook for 2 minutes. Serve the vegetable dish with the cauliflower rice.

Nutritional value per portion:

Energy:	567 kcal
Protein:	58.3 grams
Carbohydrates:	92.3 grams
- including sugars:	59.4 grams
Fat:	52.1 grams
Fiber:	18.9 grams
Salt:	3.4 grams