

CHICKEN STIR FRY WITH RICE



2 persons / 482 kcal per person

Ingredients:

- 130 grams of brown rice
- 200 grams of broken green bean
- 1 tablespoon of oil
- 175 gram chicken thigh fillet
- $\frac{3}{4}$ tablespoon curry powder
- 225 gram noodles vegetable package
- 20 grams of fresh celery
- pepper and salt

Preparation:

Cook the rice in a large pot with salted water according to package directions. Cook the green beans for 8 minutes directly with the rice. Drain the rice and green beans and let stand with the lid on the pan. Cut the chicken thigh fillet into cubes. Meanwhile, heat the oil in a frying pan and stir-fry the chicken with the curry, and pepper to taste, for 4 minutes over medium heat. Turn regularly. Halve the red pepper from the noodles lengthwise, remove the stem and seeds and cut into thin rings. Add the vegetables with a quantity of red pepper (depending on how spicy you want it) to the chicken and stir-fry over high heat for 4 minutes, stirring. Meanwhile, finely chop the celery. Add the rice, green beans and celery to the pan and stir-fry for 2 minutes. Season with salt and pepper if desired.

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Nutritional value per person:

Energy:	482 kcal
Protein:	33.6 grams
Carbohydrates:	62.8 grams
- including sugars:	4.5 grams
Fat:	10.4 grams
Fiber:	9.9 grams
Salt:	1.3 grams