

CHICKEN MADRAS WITH PINEAPPLE AND PEAR

3 persons / 592 kcal per serving

Ingredients:

- 400 grams of chicken thighs
- 200 grams of fresh pineapple
- 1 hand pear
- 2 shallots
- 1 clove of garlic
- 1 pepper
- 1 teaspoon of curry madras herbs
- ½ teaspoon of light brown caster sugar
- 100 ml of vegetable stock
- 100 ml of water
- 50 ml coconut milk
- 1 tablespoon of cornstarch
- 195 grams of brown rice
- 150 grams of garden peas
- pepper and salt
- fresh parsley



Preparation:

Cut the chicken thighs into cubes. Chop the onion and finely chop the garlic. Heat the skillet and stir fry the chicken light brown on all sides. Meanwhile, cook the brown rice according to package description. Add the onion, pepper and garlic with the curry madras and caster sugar and fry for 3 minutes. Peel the pear and cut it into pieces. Cut the pineapple into smaller pieces. Stir in the stock and let it reduce. Then pour in the water and coconut milk and add the pear and pineapple. Let the sauce simmer for about 5 minutes. Dissolve the cornflour with some liquid and stir it into the dish and cook for at least 1 minute. Season with salt and pepper. Meanwhile, heat the garden peas in boiling water for 2 minutes. Cut some parsley and sprinkle it over the dish just before serving.

Nutritional value per portion:

Energy:	592 kcal
Protein:	34.1 grams
Carbohydrates:	71.3 grams
- including sugars:	17.0 grams
Fat:	16.9 grams
Fiber:	8.1 grams
Salt:	1.4 grams