

# SPICY STIR-FRY WITH CUCUMBER AND MANGO

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2 persons / 506 kcal per serving

## Ingredients:

- 130 grams basmati rice
- 1 cucumber
- 80 grams fresh mango pieces
- ½ onion
- ½ red pepper
- 1 tablespoon of oil
- 150 grams minced chicken
- 1 tablespoon Italian herbs
- 7 grams fresh coriander
- pepper and salt



## Preparation:

Cook the rice according to package instructions. In the meantime, halve the cucumbers lengthwise and remove the seeds with a spoon. Cut the flesh into half-moons ~ 1 cm thick. Cut the mango into 1 cm cubes. Chop the onion. Remove the seeds from the red pepper and chop the flesh. Heat the oil in a wok and fry the minced meat in it. Add the Italian herbs and fry briefly, Add the onion, red pepper and cucumber and stir fry for 3 minutes. Add the mango in the last minute and let it warm for a while. Season with salt, and if necessary pepper. Chop the coriander coarsely sprinkle the dish with the coriander.

## Nutritional value per portion:

Energy:	506 kcal
Protein:	20.0 grams
Carbohydrates:	60.1 grams
- including sugars:	7.9 grams
Fat:	19.6 grams
Fiber:	3.1 grams
Salt:	1.2 grams