

SWEET SOUR CHICKEN WITH RICE

2 persons / 591 kcal per serving

Ingredients:

- 140 grams brown rice
- 200 grams chicken thighs
- 75 ml curry spice ketchup
- 1 green bell pepper
- 1 tablespoon unsalted butter
- 210 grams semi-apricots in syrup (drained weight, 420 gram can)
- 1½ tablespoon vinegar
- pepper and salt



Preparation:

Cook the rice according to package directions. Cut the chicken thighs into pieces of approx. 2 cm. Mix the chicken with 1 tablespoon curry spice ketchup. Clean the bell pepper and cut into pieces. Heat the butter in a frying pan. Bake the chicken breast brown all around for about 3 minutes. Bake the bell pepper for about 2 minutes. Drain the apricots and collect the juice. Add 75 ml of the apricot juice, the vinegar and the rest of the ketchup to the chicken. Let it simmer uncovered for about 10 minutes. Heat the apricots in the last minute. Season with salt and pepper. Serve with the rice.

Nutritional value per portion:

Energy:	591 kcal
Protein:	25.2 grams
Carbohydrates:	87.7 grams
- including sugars:	31.5 grams
Fat:	15.5 grams
Fiber:	4.0 grams
Salt:	2.2 grams