

FRIED RICE WITH JAPANESE WOK VEGETABLES AND VEGA CHICKEN

2 persons / 515 kcal per person

Ingredients:

- 130 grams of basmati rice
- 2 cm of fresh ginger
- 100 grams of Quorn chicken free slices
- 175 grams of tomato frito
- 2 tablespoons of sweet chili sauce
- 1 tablespoon of oil
- 400 grams of Japanese wok vegetables
- 10 grams of almond flakes
- pepper and salt



Preparation:

Prepare the rice according to the instructions on the package. Heat the almond flakes in a dry frying pan until it has turned light brown in color. Peel and grate the ginger. Heat the oil in the wok and stir-fry the vegetables and ginger for 5 minutes. Add the rice and fry for 1 minute more. Season with pepper and salt if desired. In the meantime, cut the chicken free slices into 1 cm wide strips and place in a frying pan with the tomato frito and chili sauce. Bring to the boil and simmer for 4 minutes on low heat. Divide the fried rice and chicken with tomato sauce over the plates and top with the almond flakes.

Nutritional value per person:

Energy:	515 kcal
Protein:	15.1 grams
Carbohydrates:	75.3 grams
- including sugars:	17.8 grams
Fat:	16.6 grams
Fiber:	7.8 grams
Salt:	2.0 grams