

ONE-PAN RICE DISH WITH CHICKEN, STRING BEANS AND TOMATOES

2 persons / 510 kcal per person

Ingredients:

- 200 grams of chicken thigh fillet
- 1 tablespoon of olive oil
- Spice mix
 - 1 teaspoon of bell pepper powder
 - 1 teaspoon of garlic powder
 - 1 teaspoon of ginger powder
 - 1 teaspoon of ground cardamom
 - 1 teaspoon of ground coriander
 - ½ teaspoon of salt
 - ½ teaspoon of chili flakes / chili powder
- 200 grams of string beans
- 150 grams of pandan rice
- 300 ml of boiling tap water
- 150 grams of cherry tomatoes
- pepper and salt



Preparation:

Cut the chicken thigh fillet into 1.5 cm thick strips. Heat the oil in a high frying pan (Ø 28 cm) and fry the chicken fillet with the herbs over medium heat for 5 minutes. In the meantime, cut the string beans into 3 cm pieces. Add the string beans with the rice to the chicken and stir fry for 1 minute. Pour in the boiling water and cook for 10 minutes with the lid on the pan. Halve the tomatoes and stir-fry for another 2-3 minutes without the lid. Season with salt and pepper if necessary.

Nutritional value per person:

Energy:	510 kcal
Protein:	26.6 grams
Carbohydrates:	63.5 grams
- including sugars:	3.5 grams
Fat:	15.5 grams
Fiber:	6.7 grams
Salt:	1.3 grams