

# CHICKEN CURRY WITH RICE

2 persons / 570 kcal per person

## Ingredients:

- 130 grams of rice
- 1 onion
- 200 grams of green beans
- 7 grams of parsley
- 1 tablespoon of curry
- 150 grams of chicken thigh fillet
- 100 ml coconut milk
- 20 grams of butter
- 1 tablespoon of flour
- pepper and salt



## Preparation:

Cook the rice according to the directions on the package. Leave covered until use. Chop the onion in the meantime. Finely chop the parsley. Cut the chicken thigh fillet into cubes. Heat the butter in a frying pan and fry the onion with the curry, pepper and salt for 5 minutes on low heat. Stir frequently. Add the chicken and flour and fry for 3 minutes, stirring on medium heat. Add the coconut milk and 100 ml water and bring to the boil while stirring so that the sauce binds. Cook on low heat for 5 minutes. Meanwhile, cook the green beans al dente for 7 minutes. Stir  $\frac{3}{4}$  of the parsley into the rice. Divide the beans and the rice between 2 plates. Spoon the curry on top and sprinkle with the rest of the parsley.

## Nutritional value per person:

Energy:	570 kcal
Protein:	22.1 grams
Carbohydrates:	62.4 grams
- including sugars:	3.8 grams
Fat:	25.7 grams
Fiber:	6.8 grams
Salt:	1.2 grams