



Mixed Vegetables and Fried Chicken

Overview

Difficulty Easy
Servings 1
Preparation Time 20 mins
Cooking Time 10 mins

Ingredients

- 1 Bowl Cooked Rice – White or Brown
- ½ Teaspoon Garlic - Chopped
- 15g Carrots
- 15g Yellow Zucchini – Chopped
- 15g Green Zucchini - Chopped
- 20g Chicken Breast - Skinless
- 1 Tablespoon Unsalted Butter
- 1 Tablespoon Light Soy Sauce

Continue Next Page

Methods

Step 1.

Chop the carrots and zucchini into cubes.



Step 2.

Mince the chicken breast with a hand blender, and set it aside.



Step 3.

In a non-stick pan, fry garlic with butter till the garlic browns slightly.



Step 4.

Fry minced chicken for 3 minutes, then add chopped carrots and zucchini. Cook till the vegetables soften.



Step 5.

Add 1 bowl of cooked rice and a teaspoon of soya sauce.



Step 6.

Mould the fried rice into the shape of a bowl.



Guten Appetit



Product Used

Serie 8 - Hob & Hood

To make sure that you only smell what you really want to smell when you're cooking, we have developed a range of particularly powerful cooker hoods. In addition, insulation and a low-noise drive make them so quiet that you and your guests will barely hear a thing.

