



Crispy chicken fillet with Asian plum vegetables

Ingredients:

250 g jasmine rice
500 g chicken breast fillet
Salt, pepper
2 eggs
100 g wheat flour
100 g Panko (Asian breadcrumbs)
400 g Pak Choi or Chinese cabbage
2 red bell peppers
100 g bean sprouts
2 large plums
50 ml rapeseed oil
2 tbsp sesame oil
40 ml light soy sauce
40 ml plum sauce

Accessories:

Induction wok
Ceran hob
Griddle

Preparation:

Prepare the rice in the rice cooker or a cooking pot. Wash the chicken breast fillets and pat dry.
Cut the chicken into thick strips and season with salt and pepper. Prepare the flour, whisked egg and breadcrumbs. Coat the chicken strips in each and press.
Wash and cut the vegetables. De-stone and slice the plums.
Fry the chicken pieces in the griddle with a little hot oil until crispy.
At the same time, heat the sesame oil in the wok and add the vegetables to the pan. Stir the soy sauce and plum sauce into the vegetables.
Next, add the plum slices.
Cook over a medium heat.
Serve with the jasmine rice.

Notes:

Preparation time: approx. 30 mins / difficulty level: medium / calories p.p.: n/a

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1352 g CO₂ per portion

15 % LESS CO₂ than the average when preparing this recipe.

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