

# Chicken & Millet Vitality Bowl with Kimchi Vegetables

Total time **35 mins** 10 mins preparation time 25 mins cooking time

Nutritional facts (per portion):  
**1,560 kJ / 362 kcal**

Fat: **10.1 g** Protein: **36.1 g**  
Carbohydrates: **28.9 g**

## INGREDIENTS

2 portion(s)

<b>50 g</b>	millet
<b>200 g</b>	green beans salt
<b>250 g</b>	chicken breast fillet
<b>3 tsp</b>	<u>Kikkoman Toasted Sesame Oil</u>
<b>3 tsp</b>	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u> Freshly ground pepper
<b>1</b>	fennel bulb
<b>200 g</b>	cherry tomatoes
<b>2 tbsp</b>	<u>Kikkoman Spicy Chili Sauce for Kimchi</u>

## PREPARATION

### Step 1

Prepare the millet according to the instructions on the package. Cook the beans in boiling salted water for approx. 10 minutes.

### Step 2

Cut the chicken into bite-sized pieces, fry in 1 tsp of heated sesame oil for about 10 minutes and season with the Kikkoman ponzu lemon and pepper.

### Step 3

Finely slice or shave the fennel (set aside the green tops) and fry in 1 tsp heated oil for 6-8 minutes. Slice the tomatoes, fry in 1 tsp heated sesame oil for about 5 minutes then pour in 100 ml water and the kimchi sauce and mix.

### Step 4

Arrange the millet with the fennel, beans and chicken in bowls, drizzle with the tomato kimchi sauce, garnish with the fennel tops and serve.