KIKKOMAN

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)

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

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.