KIKKOMAN

Honey and soy chicken stir-fry with rice

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
2,345 kJ / 560 kcal

Fat: **12 g** Protein: **37 g**
Carbohydrates: **70 g**

INGREDIENTS

2 portion(s)

2 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tbsp	honey
0.5 tsp	grated ginger
0.5	garlic clove, finely chopped
200 g	chicken breast fillet
100 g	rice
1 tbsp	vegetable oil
0.5	carrot
0.5	broccoli head
0.5	red pepper

PREPARATION

Step 1

2 tbsp Kikkoman Naturally Brewed Soy Sauce - **0.5 tbsp** honey - **0.5 tsp** grated ginger - **0.5** garlic clove, finely chopped - **200 g** chicken breast fillet
Pour the Kikkoman Soy Sauce into a bowl, add the honey, chopped garlic and grated ginger. Mix well. Cut the chicken into cubes and toss it in the marinade.

Step 2

100 g rice - **1 tbsp** vegetable oil - **0.5** carrot - **0.5** broccoli head - **0.5** red pepper
Cook the rice according to the instructions on the packet. Slice the carrot into matchsticks, the red pepper into strips, and divide the broccoli into florets. Sauté the vegetables in the oil for 5 minutes.

Step 3

Add the marinated chicken to the sautéed vegetables and cook for 3 minutes until the chicken is cooked through. Serve with the cooked rice.