



Seit 1634

**PAULANER 0,0%**  
*presents*



*My favourite fitness meal*

## NIKLAS SÜLE

### CHICKEN CASHEW PAN WITH RICE

#### Ingredients

**30 ml** *soy sauce*

**1 tbsp** *honey*

**1** *garlic clove*

**10 g** *piece of ginger*

**200 g** *corn-fed chicken*

**1** *bell pepper*

**1** *aubergine*

**1** *courgette*

**1 handful** *cashew nuts*

**2 tbsp** *sesame oil*

**1/4 bunch** *spring onions*

*Long grain rice*

*Salt, pepper*

#### Method

- 1.) Prepare the sauce: Mix the soy sauce, honey, grated garlic & ginger, lemon zest, salt and pepper (optional: chilli flakes) together and stir.
- 2.) Roast the cashew nuts without any oil.
- 3.) Cut the corn-fed chicken into strips.
- 4.) Cut the courgette, aubergine and bell pepper into pieces.
- 5.) Sear the chicken in sesame oil for around 10 minutes.
- 6.) Sear the vegetables in sesame oil for around 3-4 minutes and then add salt and pepper to taste.
- 7.) Mix the chicken and cashew nuts with the vegetables.
- 8.) Add the sauce to the pan and boil down for around 3-5 minutes.

