



PAULANER 0,0%
presents



My favourite fitness meal

SVEN ULREICH

CHICKEN BOWL WITH CHICKPEAS, QUINOA AND VEGETABLES

Ingredients

100 g *chicken breast fillet*

2 handful *chickpeas*

60 g *quinoa*

5 *cocktail tomatoes*

1/2 *bell pepper*

1 handful *edamame*

2 tsp *rapeseed oil*

1 handful *blueberries*

2 sprigs *parsley*

Cashew nuts as a topping

Iodine salt (with fluoride)

Pepper, paprika powder

Method

- 1.) Wash the quinoa & cook in salted water for around 5 minutes.
- 2.) Cut the chicken into small strips.
- 3.) Fry the chicken in rapeseed oil and season with a pinch of salt and paprika.
- 4.) Cut the bell pepper into small strips.
- 5.) Halve the tomatoes & finely chop the parsley.
- 6.) Add chopped vegetables & 3-4 small spring onions to the pan.
- 7.) Fry the chicken & vegetables together for a delicious roasted taste.
- 8.) Add chickpeas & edamame.
- 9.) Add salt, paprika and pepper to taste.
- 10.) Add chopped parsley.
- 11.) Sprinkle cashew nuts & blueberries over the dish.

