



# Mango Curry of Chicken fillet



30 minutes



10 persons



## Ingrediënten

- 2 kg Chicken fillet strips
- 500 g wholegrain rice
- 1 l chicken stock
- 1 sprig thyme
- 1 leaf bay leaves
- 1 carrot
- 100 g peas
- 100 g soya bean shoots
- 1 pc red onion
- 350 g mange-tout peas
- 350 g beans
- 350 g broad beans
- A dash groundnut oil

## Bereiding

Heat the Chicken fillet strips in curry mango sauce.

Fry the wholegrain rice in some groundnut oil and then add the chicken stock, thyme and bay leaves.

Boil the rice for 5 minutes and allow it to rest for 15 minutes with the lid closed.

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