Chicken Tournedos with Saffron rice, green beans and butter beans

35 minutes

10 persons

Ingrediënten

- 10 Chicken Tournedos
- Dash of sweet soy sauce (Kecap Manis)
- 0.75 kg green beans
- 0.75 kg butter beans
- Knob of butter
- ½ zest of 1 lime
- 0.050 kg peanuts
- 1 chilli
- 0.5 kg rice
- 1 dash of saffron powder or turmeric
- 1 l chicken stock
- 1 red bell pepper
- Dash of olive oil
- Pepper & salt
- 0.5 l brown gravy
- A few leaves of coriander

Bereiding

Cover the Chicken Tournedos with the sweet soy sauce and roast in a warm fan oven at 180°C to a core temperature of minimum 65°C.

Boil the beans until they are “al dente” in the English style [in salt & water until just ready] and refresh. Briefly sauté the beans in some butter and grate the lime zest over them. Season with pepper and salt. Finish the beans with finely chopped chilli. Chop up the peanuts and mix them with the beans.

Combine the rice with the stock and saffron. Boil these for 5 minutes and let them stand for 20 minutes with the lid closed.

Cut the bell pepper into brunoise pieces and briefly sauté in some olive oil. Add the bell pepper to the rice.

Add the juice from the meat and soy sauce to the brown gravy and bring it to the boil.

Arrange everything on a plate.

Finish with fresh coriander.

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