

Maple, sesame and soy chicken stir-fry, julienne peppers and snow peas, Basmati rice

Recipe for 4 servings

Description

Caramelized chicken thighs in a marinade, served with julienne vegetables in sesame oil and Basmati rice.

Note

If you prefer to use chicken breast instead of thighs, be careful not to overcook.

Ingredients

Chicken

- 600 Gr Chicken thigh
- 4 Tbsp Soy sauce
- 2 Tbsp Honey
- 2 Tbsp Maple syrup
- 2 Tbsp Tomato paste
- 4 Clove(s) Chopped garlic

Sides

- 1 Unit(s) Red pepper
- 150 Gr Snow peas
- 1 Cup(s) Growth of soybean
- 2 Tbsp White and black sesame seeds
- 1 Unit(s) Green onion
- 1 Tbsp Roasted sesame oil

Rice

- 250 Ml Basmati rice
- 375 Ml Water

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**

Set up

Combine tomato paste, soy, maple, honey and minced garlic in a bowl. Whisk marinade ingredients together well. Add chicken and coat with marinade.

Drain and slice peppers, then cut into julienne strips (thin sticks).

Cut the mange-tout into julienne strips.

Cut the green onion into thin rings.

Chicken

Place the chicken pieces in a frying pan and cook over medium heat.

Make sure the chicken is cooked through and well coated with the sauce.

Rice

Bring the water to the boil in a saucepan, then add the rice.

Reduce the heat to half (simmering), cover with a lid and cook for 15 minutes.

Let the rice stand for 5 minutes before serving.

Sides

In a hot frying pan, brown the sesame seeds for a few seconds.

Once the seeds are well roasted, add a dollop of butter and a drizzle of olive oil.

Add the julienne peppers and snow peas, and a pinch of salt. Brown the peppers, keeping them a little crunchy.

Off the heat, but still in the hot pan, add the bean sprouts, and roll the peppers and sprouts well in the pan.

Season with salt and pepper if necessary.

Plating

Place a carpet of vegetables at the bottom of your plates and top with a portion of rice.

Place the chicken glazed with its marinade on top.

Finish with a little green onion.

Bon appétit!