

# Sesame grain-fed chicken, vegetables wok with honey and fresh goat cheese |

Recipe for 4 servings



## Description

In a bowl plate, chicken stripes and crunchy vegetables, topped with goat cheese and sweets flavors.

## Ingredients

### For the chicken

- 600 Gr Chicken breast
- 20 Ml Vegetable oil
- Salt and pepper

### For the garnish

- 150 Gr Onion
- 200 Gr Red pepper
- 200 Gr Carrot
- 150 Gr Chinese cabbage
- 70 Gr Fresh goat cheese
- 15 Gr Honey
- Salt and pepper

### For the finitions

- 20 Gr Sesame seeds
- 8 Sprig(s) Fresh cilantro
- Salt and pepper

## Preparation

- Preparation time **30 mins**

### For the preparations

Peel and mince finely the onions Empty the pepper and cut it in thin stripes Peel the carrots, cut it in half on the long way and mince it finely Mince finely the chineseese cabbage. Pick and chop the cilantro Cut the chicken in stripes Crumble the goat cheese

### For the chicken

In a hot wok with the vegetable oil sear the chicken really well until a nice coloration. Reserve on a baking tray.

#### For the finitions

In the same wok, warm the oil again, put the onion, the carrot and the pepper, pour half a glass of water, cover it and let cook on high heat 4 minutes, and add the chinese cabbage. Continue to cook it 5 more minutes. When almost dry, make sure the vegetables are cooked but style crunchy. Add the honey and the chicken stripes. Warm everything well together, plate it and top it with the cilantro, the goat cheese and the sesame.

**Bon appétit!**