

Reispfanne mit Hoisin-Poulet

Broccoli, Rüblistreifen und Sesam

One-Pot-Wonder | unter 650 Kalorien | 30 – 40 Minuten • 641 kcal • Tag 3 kochen

29



Jasminreis



Hoisin-Sauce



Sesam



Sojasauce



Rüebli



Broccoli



Frühlingszwiebel



gehackter Knoblauch & Ingwer in Öl



Pouletinnenfilets



- Ohne künstliche Farbstoffe
- Ohne künstliche Aromen
- Ohne hinzugefügte Glutamate

Los geht's

Wasche das Gemüse ab und tupfe das Fleisch mit Küchenpapier trocken.

Basiszutaten aus Deiner Küche*

Wasser*, Öl*, Salz*, Pfeffer*, Gemüsebouillonpulver*

Kochutensilien

1 grosse Bratpfanne mit Deckel und 1 grosse Schüssel

Zutaten 2 | 4 Personen

	2P	4P
Jasminreis	1 x 150 g	1 x 300 g
Hoisin-Sauce (11) 15)	1 x 25 ml	2 x 25 ml
Sesam 3)	1 x 10 g	1 x 20 g
Sojasauce (11) 15)	1 x 25 ml	1 x 50 ml
Rüebli	1 x 100 g	2 x 100 g
Broccoli	1 x 250 g	1 x 500 g
Frühlingszwiebel	2 x 15-25 g	1 x 140 g
gehackter Knoblauch & Ingwer in Öl	1 x 30 g	2 x 30 g
Pouletinnenfilets	1 x 250 g	1 x 500 g

**Beachte die benötigte Menge. Die gelieferte Menge in Deiner Box weicht hiervon ab und es bleibt etwas übrig

Durchschnittliche Nährwerte pro

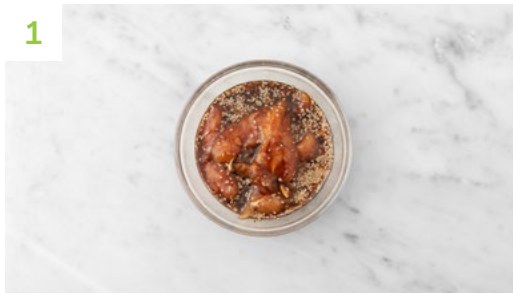
(Berechnet auf Grundlage der angegebenen Ausgangszutaten.)

	100 g	Portion (ca. 650 g)
Brennwert	411 kJ/ 98 kcal	2684 kJ/ 641 kcal
Fett	3.03 g	19.77 g
- davon ges. Fettsäuren	0.35 g	2.27 g
Kohlenhydrate	11.04 g	72.13 g
- davon Zucker	1.71 g	11.18 g
Eiweiss	6.47 g	42.28 g
Salz	0.404 g	2.640 g

Bitte beachte, dass die Nährwertangaben auf der Rezeptkarte aufgrund natürlicher Schwankungen und kurzfristiger Produktänderungen abweichen können. Massgeblich sind allein die Nährwertinformationen auf den Produktverpackungen.

Allergene: 3) Sesamsamen 11) Soja 15) Weizen

(Bitte beachte weitere Informationen zu Allergenen und möglichen Spuren von Allergenen auf der Zutatenverpackung!)



Poulet marinieren

Erhitze 300 ml [600 ml] **Wasser*** im Wasserkocher.

In einer grossen Schüssel **Hoisinsauce**, **Sojasauce**, gehackter **Knoblauch** und **Ingwer** in **Öl** und **Sesam** verrühren, mit **Pfeffer*** würzen und **Pouletinnenfilets** darin marinieren.

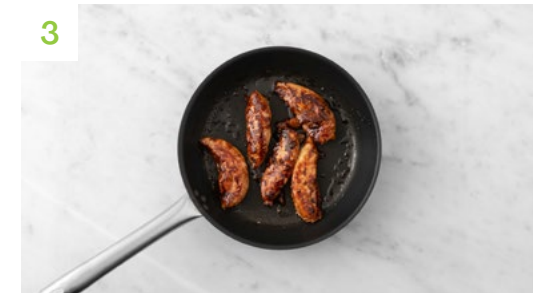


Gemüse schneiden

Broccoli in kleine, mundgerechte **Röschen** teilen, Strunk in 0.5 cm Scheiben schneiden.

Rüebli längs halbieren und in 0.5 cm schräge Scheiben schneiden.

Weissen und grünen Teil der **Frühlingszwiebeln** getrennt voneinander in dünne Ringe schneiden.



Poulet braten

In einer grossen Bratpfanne 1 EL [2 EL] **Öl*** erhitzen.

Pouletinnenfilets aus der **Marinade** nehmen, **Marinade** dabei etwas abstreichen und die **Filets** in der Bratpfanne bei mittlerer Hitze von jeder Seite 2 – 3 Min. braten, bis das **Fleisch** innen nicht mehr rosa ist.

Pouletinnenfilets aus der Bratpfanne nehmen.



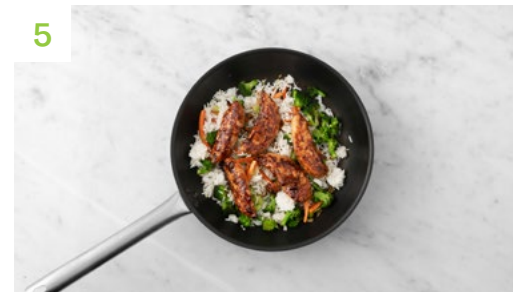
Reis kochen

In derselben Bratpfanne erneut 1 EL [2 EL] **Öl** erhitzen.

Broccoli, **Rüebli** und weisse **Frühlingszwiebelringe** darin 2 – 3 Min. unter Rühren anbraten.

Evtl. esslöffelweise etwas **Wasser*** zugeben.

300 ml [600 ml] heisses **Wasser***, 4 g [8 g] **Pouletbouillonpulver*** und restliche **Marinade** in die Bratpfanne geben, **Reis** gut unterrühren, aufkochen und mit geschlossenem Deckel 10 Min. leicht köcheln lassen.



Garziehen lassen

Nach 10 Min. den **Reis** einmal durchrühren, mit **Salz*** und **Pfeffer*** abschmecken.

Pouletinnenfilets auf den **Reis** legen und alles mit geschlossenem Deckel 10 Min. auf der ausgeschalteten Platte ziehen lassen.



Anrichten

Reispfanne auf Teller verteilen, **Pouletinnenfilets** darauf anrichten und mit grünen **Frühlingszwiebelringen** toppen.

En Guete!

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Rice pan with Hoisin chicken

broccoli, carrot strips and sesame seeds

One-pot wonder | Under 650 calories | 30-40 minutes • 641 kcal • Cook on day 3

29



Jasmine rice



Hoisin sauce



Sesame seeds



Soy sauce



Carrots



Broccoli



Spring onion



Chopped garlic and ginger in oil



Chicken fillets



- Ohne künstliche Farbstoffe
- Ohne künstliche Aromen
- Ohne hinzugefügte Glutamate

Let's get started

Wash the vegetables and pat the meat dry with kitchen roll.

Basics from your kitchen*

Water*, oil*, salt*, pepper*, vegetable stock powder*

Cooking utensils

1 large frying pan with lid and 1 large bowl

Ingredients for 2 | 4 persons

	2P		4P	
Jasmine rice	1 x	150 g	1 x	300 g
Hoisin sauce (11) 15)	1 x	25 ml	2 x	25 ml
Sesame seeds 3)	1 x	10 g	1 x	20 g
Soy sauce (11) 15)	1 x	25 ml	1 x	50 ml
Carrots	1 x	100 g	2 x	100 g
Broccoli	1 x	250 g	1 x	500 g
Spring onions	2 x	15-25 g	1 x	140 g
Chopped garlic & ginger in oil	1 x	30 g	2 x	30 g
Chicken fillets	1 x	250 g	1 x	500 g

**Note the quantity required. The quantity delivered in your box differs from this quantity and some will be left over.

Average nutritional values per

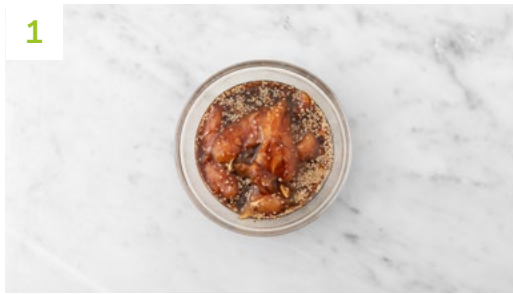
(calculated based on the specified starting ingredients)

	100 g	Portion (approx. 650 g)
Calories	411 kJ/ 98 kcal	2684 kJ/ 641 kcal
Fat	3.03 g	19.77 g
- incl. saturated fats	0.35 g	2.27 g
Carbohydrate	11.04 g	72.13 g
- incl. sugar	1.71 g	11.18 g
Protein	6.47 g	42.28 g
Salt	0.404 g	2.640 g

Please note that the nutritional information on the printed recipe may vary due to natural fluctuations and changes to products at short notice. Only the nutritional information on the product packaging is definitive.

Allergens: 3) Sesame seeds **(11) Soya 15)** Wheat

(Please see the additional information on allergens and possible traces of allergens on the packaging of the ingredients!)



1 Marinate the chicken

Heat 300 ml [600 ml] water* in the kettle.

In a large bowl, mix the hoisin sauce, soy sauce, chopped garlic and ginger in oil and sesame seeds, season with pepper* and marinate the chicken fillets in it.

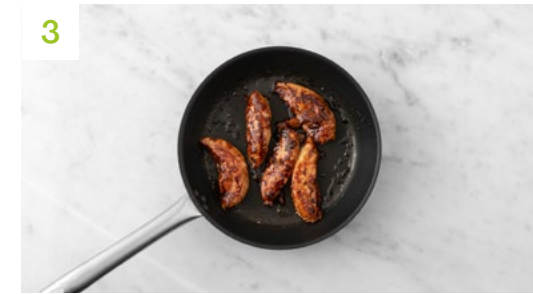


2 Chop the vegetables

Divide the broccoli into bite-sized florets and cut the stalk into 0.5 cm thick slices.

Halve the carrots lengthwise, then chop into 0.5 cm pieces.

Cut the white and green parts of the spring onions into thin rings and keep them separate.



3 Fry the chicken

Heat 1 tbsp. [2 tbsp.] oil* in a large frying pan.

Remove the chicken fillets from the marinade, wipe off some of the marinade and fry the fillets in a frying pan for 2-3 min. on each side until the meat is no longer pink on the inside.

Remove the chicken fillets from the frying pan.



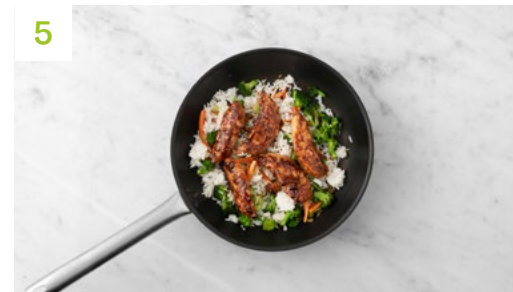
4 Cook the rice

Heat 1 tbsp. [2 tbsp.] oil in the same frying pan.

Add the broccoli and white spring onion rings and stir-fry for 2-3 min.

If necessary, add a little water* by the tablespoon.

Add 300 ml [600 ml] hot water*, 4 g [8 g] chicken stock powder* and the rest of the marinade to the frying pan, stir in the rice well, bring to the boil and simmer gently with the lid on for 10 min.



5 Let it cook

After 10 minutes, briefly stir the rice and season with salt* and pepper*.

Place the chicken fillets on the rice and let it rest with the lid closed for 10 min. on the hob, which is switched off but still warm.



6 Serve

Apportion the rice onto plates, place the chicken fillets on top and top with the green spring onion rings.

Bon appetit!

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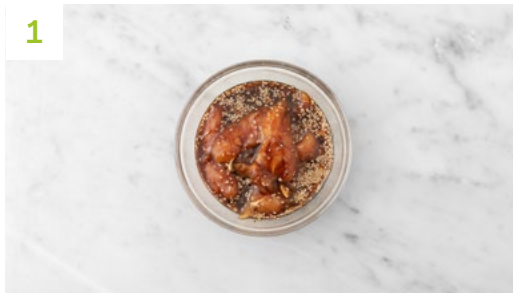
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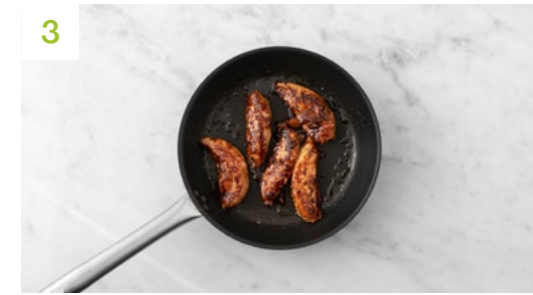


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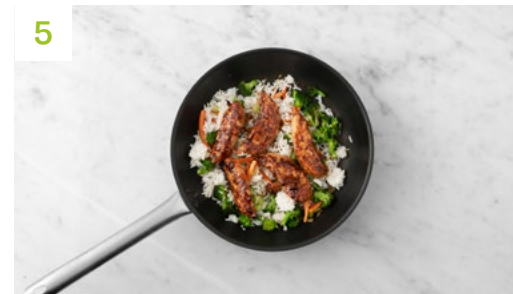
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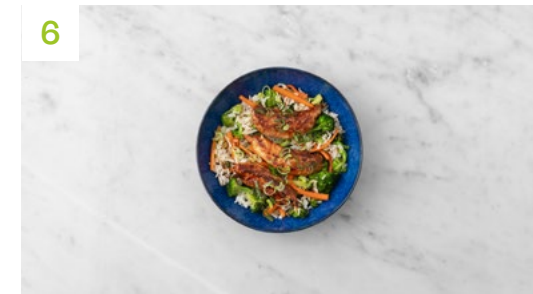
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