

## Chicken delicious

Preparation: 15 minutes

### Ingredients

200 g lean chicken meat

200 g paprika

100 g rice

50 g Tomato paste from tube

5 g Curry spice or 2 teaspoons Soy Sauce



### Preparation

#### Start cooking rice:

Place 100 g rice(125 ml) in a small pot.

Add 250 ml water.

Cover with a lid.

Start heat at "high". As soon it is boiling, reduce heat to "middle".

The rice is ready as soon free water has disappeared.



### Chicken pan

Cut the chicken meat in nuggets. Place the meat in a pan, together with diced paprika.

Add 100 ml water, tomato paste and curry.

Cover with a lid. Start heat at "high".

As soon it is boiling, reduce heat to "middle". Stir from time to times, adding small amounts of water.

It will be ready to serve together with the rice.



### While doing the work

Germans like to have an healthy snack from Bavaria: Cut 200 g of daikon radish (*Raphanus sativus*). Peel it and eat it while doing the work. Daikon has high water content and is very low in calories. It is rich in vitamin C, potassium and folate and a good source of magnesium.

The Bavarians use to eat it while drinking beer. Don't do this, as it contains lots of calories and alcohol. Beer is the origin of beer belly, common in Bavaria.

If you don't get daikon at your grocer, have tomato salad instead.

