



Chicken with Sesame Seeds and Ginger

Fresh peas and light chicken improve when combined with ingredients imperative in Chinese cooking - soy sauce, ginger root and sesame seeds. The result will be an aromatic and visually attractive meal."

Ingredients

Number of persons: 4

- 700 g chicken fillets
- 1 tablespoon of soy sauce
- 3 cloves of garlic (crushed)
- 250 g peas
- 1 teaspoon grated ginger root
- 500 ml [Vegeta Chicken Liquid Stock](#)
- 1 teaspoon corn flour

For serving:

- 20 g toasted sesame seeds



Preparation time: 50 min

Energetic value: 415 kcal / 1735 kJ

Demanding:

Preparation

1. Cut chicken fillets into squares, mix with soy sauce and let stand for 5 minutes.
2. To heated oil add chicken squares, garlic, peas, ginger and Vegeta Chicken Liquid Stock. Cook for 10 minutes.
3. Mix corn flour with a little water and add to the mixture, again let cook for a few minutes.

Serving

Serve warm sprinkled with sesame seeds.

Tip

This delicious meal can be served with cooked or braised rice.

My notes

