KIKKOMAN

Riz Casimir—mild chicken curry with fruit

Total time **40 mins** **10 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
4,222 kJ / 1,009 kcal

Fat: **37 g** Protein: **48 g**
Carbohydrates: **115 g**

INGREDIENTS

2 portion(s)

Rice:

0.5 tbsp	rapeseed oil
5 g	butter
1	clove garlic, chopped
2	cloves
1	small star anise
1	bay leaf
150 g	parboiled rice
330 ml	chicken stock
30 g	dried apricots, chopped
15 g	almond flakes, toasted

Additionally:

100 g	banana
180 g	fresh pineapple
10 g	butter

Curry:

1 tbsp	rapeseed oil
60 g	shallots, diced
1 tsp	ginger, grated
300 g	chicken breast, diced
0.5 tbsp	curry powder
10 g	butter
10 g	wheat flour
70 ml	chicken stock
70 ml	double cream
50 ml	syrup from tinned peaches
1.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.25 tsp	black pepper, freshly ground
100 g	tinned peaches, diced
10 g	almond flakes, toasted

PREPARATION

Step 1

0.5 tbsp rapeseed oil - **5 g** butter - **1** clove garlic, chopped - **2** cloves - **1** small star anise - **1** bay leaf - **150 g** parboiled rice - **330 ml** chicken stock - **30 g** dried apricots, chopped - **15 g** almond flakes, toasted

Heat the rapeseed oil and butter in a saucepan. Add the garlic, cloves, star anise and bay leaf and sauté briefly. Add the rice and stir well. Pour in the stock, cover and cook the rice according to the packet instructions. Remove the cloves, star anise and bay leaf, then stir in the dried apricots and toasted almond flakes.

Step 2

100 g banana - **180 g** fresh pineapple - **10 g** butter

Slice the banana in half crosswise, then lengthwise. Peel the pineapple, remove the core, and slice it into ring-shaped pieces about 1,5 cm thick. Cut the pineapple rings in half. Melt the butter in a frying pan and fry the fruit briefly on both sides until lightly golden. Transfer to a plate and keep warm.

Step 3

1 tbsp rapeseed oil - **60 g** shallots, diced - **1 tsp** ginger, grated - **300 g** chicken breast, diced - **0.5 tbsp** curry powder - **10 g** butter - **10 g** wheat flour - **70 ml** chicken stock - **70 ml** double cream - **50 ml** syrup from tinned peaches - **1.5 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.25 tsp** black pepper, freshly ground - **100 g** tinned peaches, diced - **10 g** almond flakes, toasted - **1 tbsp** parsley, chopped

Sauté the diced shallot and ginger in the oil. Add

1 tbsp	parsley, chopped	the chicken breast and curry powder and fry until the chicken is cooked through. Transfer the chicken to a plate. Melt the butter in the same pan, add the flour and stir briefly. Pour in the stock, cream, peach syrup and Kikkoman Soy Sauce. Simmer until the sauce thickens. Season with the pepper, add the cooked chicken and peaches and heat through. Serve with the rice, fruit, then sprinkle with the almond flakes and parsley.