

Chicken bites with zucchini and spring onions

Description



Yield
4 servings



Scheduling
Preparation: approx. 45 minutes



Nutritional values (100 g or 100 ml)
energy: 541 kJ/129 kcal;
fat: 4.9 g, of which saturated 0.8 g;
carbohydrates: 7.5 g, of which sugars 1.3 g
protein: 10.8 g; salt 0.4 g

Recipe

Ingredients (2'531 g)

40 g	olive oil
20 g	lemon juice, fresh
60 g	mustard, mild
15 g	curry powder, mild
1'000 g	chicken breast
800 g	zucchini
10 g	table salt
200 g	sherry
40 g	soy sauce
6 g	cornstarch
60 g	olive oil
200 g	spring onions
40 g	peperoncini
40 g	ginger, fresh

Production

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Preparation

Put a serving dish in the preheated oven at 80°C to warm.

For the marinade, mix the olive oil, lemon juice, mustard and curry in a bowl. Cut each chicken breast into 5 pieces. Add to the marinade and mix well. Leave to marinate for 5 minutes.

Meanwhile, remove the ends of the zucchini, quarter lengthwise without peeling and cut into 2 cm pieces.

Remove the chicken cubes from the marinade and season with salt. Mix the drained marinade with the sherry, soy sauce and cornstarch and set aside.

Heat the olive oil in a frying pan. Fry the chicken cubes well on all sides. Immediately transfer to the preheated serving dish and cook in the 80°C hot oven for 20 minutes.

In the meantime, cut the spring onions including the green part diagonally into rings. Halve the peperoncini lengthwise, remove the seeds, cut into strips and then finely dice. Peel and finely chop or grate the ginger.

If necessary, add a little more oil to the pan with the chicken drippings, heat well, and sauté the zucchini for 2–3 minutes until they take on some color. Add the spring onions, ginger, and peperoncini, season with salt and sauté for another 2 minutes. Now pour in the marinade mixture and bring to a boil. Finally, add the chicken cubes, toss well until heated through, taste and adjust seasoning if needed, and serve immediately.