



# Vegetable rice stir-fry with chicken katsu

NIBBLEDISH CONTRIBUTOR

## Ingredients

For 2 people:

- 100 grams long-grain white rice
- 100 grams wild rice
- 2 homemade/pre-made chicken katsu\*
- 1 potato, diced
- 1 carrot, diced
- 1 zucchini, diced
- a handful of green beans
- 6 wild mushrooms, sliced
- 1 onion, chopped
- 1 large tomato, chopped
- 1 clove garlic, finely sliced
- German sweet mustard\*\*
- olive oil

\*You can use any breaded chicken, i.e chicken nuggets, chicken milanese, etc...

\*\*You can get German sweet mustard at specialty or health food shops; ask for the mustard that Germans eat with white sausages (Bavarian sausages). I use Zwergenwiese Süßer Bio-Senf. Alternatively use Dijonnaise, or Swedish sweet mustard.

## Instructions

After washing the rice, boil the white and wild rice together. When done, drain and set aside.

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Bake the chicken in the oven or as per packaging instructions. Heat a frying pan over high fire and when the surface is hot, add the olive oil, garlic, onions. When the onions turn clear, add the carrot and potato. Lower the heat to medium, stir-fry for 5-8 minutes until the carrot and potato turns slightly brown.