



Asian poached chicken and courgettes

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Ingredients

For 2:

2 chicken fillets
soy sauce
ginger slices
garlic chunks
sesame seeds
1 courgette, sliced
100g basmati or normal rice
hot water/stock

Instructions

1. Rinse and drain the rice in a saucepan
2. Lay the fillets on top of the rice and surround with the ginger and garlic. Pour a bit of soy sauce over the chicken.
3. Add in hot water/stock so that the chicken is just covered.
4. Boil, cover with a lid and simmer until the chicken is cooked through.
5. Toss the courgette with the sesame seeds and a bit of salt.
6. You can add the courgette into the pan shortly before the chicken has finished, or serve cold with the chicken and rice.