



April (springtime recipe)

Chicken with Almonds and Vegetables

Ingredients (for 4 people):

Wood

300g chicken breast
Lemon juice
Salt
Soy sauce

Fire

Bell pepper powder

Earth

Sesame oil
200g almonds
2 carrots
2 small kohlrabis
Cane sugar

Metal

2 bunch shallots
Curry powder
Pepper
2 teaspoons ginger powder or fresh ginger

Directions:

Cut the chicken in slices, peel carrots and kohlrabi and cut in very small pieces, wash shallots and cut in pieces. If you use fresh ginger, please cut the root in small pieces as well.

Toast almonds in the oven at 80 degrees Celsius for 20-30 minutes.

Heat 6 tablespoons of sesame oil in a large wok, add 2 teaspoons curry and 2 teaspoons ginger powder, 2 tablespoons soy sauce, a little bit lemon juice, 2 teaspoons bell pepper powder and the chicken and roast all 3-5 minutes.

Remove chicken from the wok, and add vegetables with 2 tablespoons of sesame oil and cook it until it is firm to the bite.

Add the chicken again and season the meal with additional salt, lemon juice, and cane sugar.

Recommendation:

The dish can be varied with the seasons. Use different vegetables like green/yellow/red pepper, zucchini, cabbage, broccoli or leeks.

Enjoy your meal!