CHICKEN FILLETS WITH SWEET-AND-SOUR SAUCE AND QUINOA

Ingredients
(For 4 people)

- 2 chicken fillets
- 30 g wheat flour
- 50 g breadcrumbs
- 1 egg
- Milk
- Olive oil
- Salt and pepper
- 2 cloves of garlic
- 1 small hot pepper
- 1 onion
- 1 green pepper
- 1 red pepper
- 1 tbsp tomato concentrate
- 50 ml sweet soya sauce

Preparation:

For the breadcrumbs into one bowl and the flour into another. Beat the whole egg with the milk in another bowl.

Season the chicken fillets and cut them into strips.

Dip the chicken strips in the flour, then in the beaten egg and then in the bread crumbs.

Heat the olive oil in a frying pan and fry the chicken strips for approximately 4 minutes on each side.

Meanwhile, chop the garlic and hot pepper, and finely slice the onion and peppers.

In the same pan, sauté the garlic and hot pepper, then add the sliced onion and peppers. Then add the tomato concentrate and soya sauce. Reduce and add the chicken strips.

Serve with quinoa and a green salad.