

## Turmeric Chicken with French Beans

**Yield: 3 servings**

**Cooking and preparation time: 25 minutes**

**Protein: 2 portion per serving**

Ingredients	Amount
Chicken breast, cut into strips	250g
Onion, sliced	½ medium
French beans, cut into 2-inch strips	60g
Red chili, de- seed and cut into thick strips	1 piece
Turmeric powder	1 teaspoon
Oyster sauce	2 tablespoons
Canola oil	1 tablespoons
Water	3 tablespoons
Sugar	½ teaspoon
Salt	1/8 teaspoon

### STEPS:

1. Marinate chicken with turmeric powder and oyster sauce for 15 minutes.
2. Heat up oil in a wok. Add in onion and sauté until fragrant.
3. Add marinated chicken and cook till half cooked.
4. Add red chili, French beans and mix well.
5. Add water, sugar and salt. Mix well and cook the chicken until well cooked.
6. Dish out and serve with steamed rice.

### Healthy TIPS!

- ✓ You can increase your protein intake by additional meat and prawn.
- ✓ You can reduce your potassium sodium intake by cutting the French beans into smaller pieces and then soak them in water for 1-2 hours to leach potassium out of the vegetables.

### Nutrition content per serving: Energy= 191kcal

Carbohydrate: 6g	Protein: 16g	Total fat: 11g
Sodium: 312mg	Potassium: 308mg	Phosphate: 190mg

Recipe adapted from website, Rasa Malaysia: <https://rasamalaysia.com/turmeric-chicken>

## 黄姜炒鸡柳与四季豆

份量：3 人份

烹饪时间：25 分钟

蛋白质含量：2 份/1 人份

材料:	份量
鸡胸肉, 切成条状	250 克
四季豆, 切成 2 英寸条状	60 克
红辣椒, 去籽及切成条状	1 个
大葱, 切片	½ 个
黄姜粉	1 茶匙
蚝油	2 汤匙
菜籽油	1 汤匙
水	3 汤匙
糖	½ 茶匙
盐	1/8 茶匙

### 烹调步骤:

1. 把黄姜粉和蚝油加入鸡肉中, 拌匀并腌制 15 分钟。
2. 在锅中放入 1 汤匙的油。油烧热后, 加入大葱并炒香。
3. 加入腌制的鸡肉并炒匀。
4. 加入红辣椒和四季豆并炒匀。
5. 加入水、糖及盐。炒匀后, 把鸡肉煮至完全熟透即可。
6. 搭配米饭食用。

### 营养小贴士?

- ✓ 您可以加入肉和虾来提高蛋白质的摄取。
- ✓ 您可以将四季豆切成小块并将其浸泡在水中大约1-2小时以减少钾含量。

### 营养成分 (一人份): 热量=191 kcal

碳水化合物: 6克	蛋白质: 16克	脂肪: 11克
钠: 312毫克	钾: 308毫克	磷: 190毫克

此食谱改编自网站, *Rasa Malaysia*: <https://rasamalaysia.com/turmeric-chicken/>