

___ Rotí chicken with green beans and egg

<u>Ingredients:</u>

500 gr floury potato 2 unions 4 cloves of garlic 370 gr chicken breast 4 table spoons (peanut) oil 4 teaspoons spoons curry madras 2 tomatoes 1 red pepper 400 gr broken green beans (freezer) 4 eggs 4 roti sheets or wraps

<u>Preparation</u>

- 1. Peel the potatoes and cut into 2 cm pieces.
- 2. Chop the onions and the garlic and the chicken breasts into small cubes.
- 3. Heat the oil in a pan with a thick bottom. Fry the onion, garlic and curry on medium heat for 2 minutes. Add the chicken and 3 minutes on high heat.
- 4. Add the potatoes and 100 ml of water and bring to the boil. In the meantime, cut the tomatoes into cubes. Wash the pepper, halve it and remove the seeds. Add the tomato and pepper to the chicken and simmer for 15 minutes with the lid on.
- 5. After 10 minutes, taste how spicy the dish is and remove the pepper if necessary. Season with pepper and possibly salt.
- 6. Meanwhile, bring a pan of water to the boil, add the beans and cook until al dente in 8 minutes, add the eggs for the last 6 minutes.
- 7. Drain the beans, rinse the eggs under cold water and peel them. Meanwhile, heat the roti sheets for 20 seconds per side in a frying pan and place them on dinner plates and divide the chicken, beans and eggs over it.

Enjoy your meal

