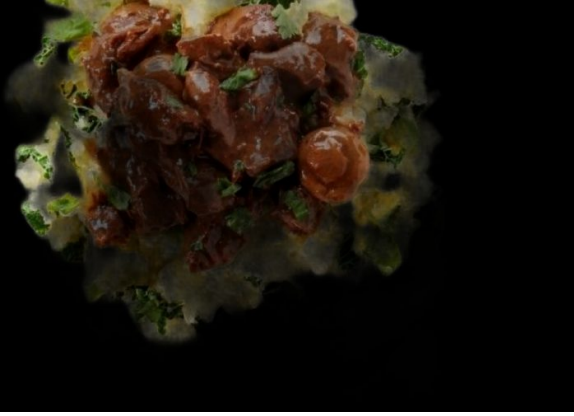


# Potato Bowl

Total: 28 min · Prep: 9 min · Cook: 19 min · 1 servings · Easy · Lunch



## INGREDIENTS

180 g Potato

150 g Chicken fillet

150 g Button mushrooms or other

30 g Onion

7 g Garlic or ginger

5 g Oil

75 g Water

20 g Teriyaki sauce

30 g Sour cream 10%

to taste Dill, parsley, green onion

## INSTRUCTIONS

- 1 Peel, cut into convenient pieces and boil potato until fully done. Finely chop herbs, add to the potato and mix.
- 2 Sauté onion in oil until golden, then add chicken breast cut into similar-sized pieces as the potato. Fry for 5-7 minutes until golden.
- 3 Cut mushrooms into several pieces and add to the chicken. Fry until golden, then reduce heat to minimum, add sour cream, teriyaki, finely grated ginger, cover and simmer for another 5-7 minutes.
- 4 Transfer everything from the pan to the potato and mix. Top the dish with sour cream.

**Nutrition per serving: 511 kcal · Protein 56.0 g · Fat 14.0 g · Carbs 40.0 g · Fiber 6.7 g**