



COOK WITH US!

# Chicken with marinated vegetables and corn

This main course with chicken and vegetables is the ideal choice for an appetizing lunch break. Try cooking it in a mason jar, an excellent technique to save time but make tasty meals.

## INGREDIENTS

80 g Orogel Organic Corn

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100 g chicken breasts

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150 g vegetable spaghetti (julienned carrots, courgettes and bell peppers)

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extra virgin olive oil

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salt and pink peppercorn

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Easy



Main Courses



Microwave

#### Method

- 1 Season the vegetable spaghetti with salt and oil and let it rest for 10 minutes.
- 2 Cut the chicken into small cubes and season with salt and pepper.
- 3 Put the vegetables, corn and chicken cubes in the jar. Add a pinch of pink peppercorn.
- 4 Put the lid on and microwave for 3 minutes at 750 Watts.

