

Spelt with Chicken Breast and Green Beans

INGREDIENTS FOR 1 PERSON

- Spelt: 4 tablespoons.
- Water for cooking spelt: 500 grams.
- Diced vegetables (carrots, celery, onion): 2 tablespoons.
- Green beans: 200 grams.
- Water for cooking green beans: 500 grams.
- Chicken breast, sliced or diced: 150 grams.
- Fresh herbs to taste (basil, parsley, thyme, oregano, rosemary).
- Extra virgin olive oil: 3 teaspoons.
- Spices to taste and salt to taste.

PROCEDURE

- Rinse the spelt in cold water and cook it in a pot with water and diced vegetables (according to your taste) for about 30 minutes (the cooking time is always indicated on the package).
- Boil the green beans in slightly salted water. If you have a steamer, cook the green beans and diced chicken breast together.
- If you don't have a steamer, grill the chicken slices in a non-stick pan or grill pan.
- If you prefer diced chicken breast, sauté it in a non-stick pan with a splash of water until fully cooked.
- Finish the dish by placing drained spelt, green beans, and chicken breast in a container. Drizzle with olive oil, add the herbs, spices, salt to taste, and mix.

This preparation can be consumed hot or cold.