

for the
little ones

ORANGE Chicken

Stir-fried diced chicken breast in a delicious ginger, honey and orange sauce served over jasmine rice.



30 Minutes



2 Servings



Chicken

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FROM YOUR BOX

JASMINE RICE	150g
GINGER	1 piece
GARLIC CLOVE	1
ORANGE	1
HONEY SHOTS	2
BROCCOLI	1
DICED CHICKEN BREAST	300g
RED CAPSICUM	1
SPRING ONIONS	1 bunch
SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking (sesame or other),
cornflour, soy sauce

COOKING TOOLS

saucepan or rice cooker, frypan

Make a chicken fried rice if you prefer! Season with garlic, ginger, soy sauce and sweet chilli sauce to taste!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. COOK the Rice

Place **rice** in a saucepan, cover with **275ml water**. Bring to a boil. Cover with a lid and reduce to medium-low heat for 10-15 minutes. Remove from heat, uncover and stand for 5 minutes. Stir carefully with a fork.

tip Use a rice cooker if you have one.



4. COOK the Chicken

Add **oil** to the reserved pan and heat over medium-high heat. Add **chicken** and cook for 6-7 minutes or until golden all around.



2. Make the Sauce

Grate **ginger** to yield 1/2 tbsp and crush **garlic**. Combine with **1 tbsp cornflour**, **1 cup water**, **2 tbsp soy sauce**, juice from **orange** and **honey**.

tip For extra intensity, add orange zest as well as juice into the sauce.



5. ADD the Sauce

Slice and add **capsicum** and **spring onions** (reserve green tops for garnish). Cook for 2 minutes then stir in sauce. Simmer for a further 3 minutes or until thickened and **chicken** is cooked through. Adjust seasoning with **soy sauce** if needed.



3. PREPARE the BROCCOLI

Cut **broccoli** into small florets. Place in a frypan with **1/2 cup water** and simmer for 3-5 minutes, or until cooked to your liking. Remove and reserve pan.



6. FINNISH AND SERVE

Serve orange **chicken** over **rice** with **broccoli**. Scatter over **sesame seeds** and **spring onion green tops** to taste.

tip Add more honey or sweetener of choice if desired!