

FOR the
Little ONES

ORANGE CHICKEN

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



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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
CHIVES	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. Cook for 2 minutes then stir in sauce. Simmer for a further 3 minutes or until thickened and chicken is cooked through.

tip Add the broccoli too if you prefer!



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. FINISH AND SERVE

Chop chives and adjust seasoning with **soy sauce** if needed. Serve orange chicken over rice with broccoli. Scatter over sesame seeds and chives to taste.

tip Add more honey or sweetener of choice if desired!