



Product Spotlight: Orange

Oranges are one of the largest citrus crops in the world. Loaded with vitamin C and high in fibre, they are a great addition to any diet.



Chinese Orange Chicken

Diced chicken tossed in a sweet and glossy orange sauce with ginger, served with sticky rice and sesame stir-fried vegetables.



30 minutes



2 servings



Chicken

Garnish it!

*You can finish this dish with
fried shallots, sesame seeds
or cashews if you have some!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	13g	39g

FROM YOUR BOX

SUSHI RICE	150g
GINGER	1 piece
ORANGE	1
SNOW PEAS	150g
CARROT	1
RED CAPSICUM	1
DICED CHICKEN BREAST	300g
SPRING ONIONS	1 bunch

FROM YOUR PANTRY

sesame oil, soy sauce, cornflour, sugar (of choice)

KEY UTENSILS

large frypan or wok, saucepan with lid

NOTES

We used brown sugar for this sauce, you could try honey or maple syrup.



1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with 325ml water. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.



2. PREPARE THE SAUCE

Peel and grate **ginger**. Add to a bowl with **juice from orange**, **1/2 tbsp sugar**, **1 tbsp soy sauce**, **1/2 cup water** and **1/2 tbsp cornflour** (see notes). Whisk to combine and set aside.



3. COOK THE VEGETABLES

Trim **peas**, slice **carrot** and **capsicum**. Heat a large frypan over high heat with **sesame oil**. Add **vegetables** and cook for 5-8 minutes until tender. Remove from pan and set aside.



4. COOK THE CHICKEN

Coat **chicken** with **1 tbsp cornflour**. Reheat frypan over medium-high heat with **1 tbsp sesame oil**. Cook **chicken** for 6-8 minutes until browned.



5. SIMMER THE SAUCE

Slice and add **spring onions** (reserve some green tops for garnish).

Pour **sauce** into pan and simmer for 3 minutes until thickened and glossy. Take off heat.



6. FINISH AND SERVE

Serve **chicken** with **stir-fried vegetables** and **rice**. Garnish with reserved **spring onion** tops.



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