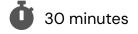






Chinese Orange Chicken

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





4 servings



Garnish it!

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

PROTEIN TOTAL FAT CARBOHYDRATES

28g

FROM YOUR BOX

SUSHI RICE	300g
GINGER	1 piece
ORANGES	2
SNOW PEAS	150g
CARROTS	2
RED CAPSICUM	1
DICED CHICKEN BREAST	600g
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 **650ml 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 oranges, 1 tbsp sugar, 2 tbsp soy sauce, 1 cup water and 1 tbsp cornflour (see notes). Whisk to combine and set aside.



3. COOK THE VEGETABLES

Trim snow peas, slice carrots and capsicum. Heat a large frypan over high heat with sesame oil. Add vegetables and cook for 5-8 minutes until tender. Set aside.



4. COOK THE CHICKEN

Coat chicken with 2 tbsp cornflour. Reheat frypan over medium-high heat with 1-2 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.



How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **O481 072 599** or send an email to **hello@dinnertwist.com.au**



