



### 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



4 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	12g	34g

## 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.



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