



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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



4/6 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 |
|------------|---------|-----------|---------------|
|            | 42g     | 5g        | 60g           |

## FROM YOUR BOX

|                      | 4 PERSON | 6 PERSON    |
|----------------------|----------|-------------|
| SUSHI RICE           | 300g     | 300g + 150g |
| GINGER               | 1 piece  | 2 pieces    |
| ORANGES              | 2        | 3           |
| SNOW PEAS            | 150g     | 2 x 150g    |
| CARROTS              | 2        | 2           |
| RED CAPSICUM         | 1        | 2           |
| DICED CHICKEN BREAST | 600g     | 600g + 300g |
| SPRING ONIONS        | 1 bunch  | 2 bunches   |

## 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.

6P – cover rice with 975ml water.



### 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.

6P – use 1 1/2 tbsp sugar, 3 tbsp soy sauce, 1 1/2 cup water and 1 1/2 tbsp cornflour.



### 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.

6P – coat chicken with 3 tbsp cornflour.



### 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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