



Orange Chicken

with Black Rice Salad

Grilled chicken breast paired with a vibrant salad of nutty black rice, creamy avocado, juicy orange segments, and fresh mesclun leaves, all dressed in a tangy vinaigrette.



30 minutes



2 servings



Chicken

FROM YOUR BOX

BLACK RICE	150g
CHICKEN BREAST FILLET	300g
ORANGE	1
AVOCADO	1
MESCLUN LEAVES	60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, red wine vinegar

NOTES

Cut the chicken breast into schnitzels or strips to speed up the cooking time. The chicken can also be cooked on the BBQ if preferred.

For an Asian inspired flavour, try using a soy-sesame dressing. Whisk together 2 tbsp soy sauce, 1 tbsp sesame oil, 1 tbsp rice vinegar or lime juice, 1 tsp honey or brown sugar, 1/2 tsp grated ginger.

You can add sliced radishes, capsicum or cucumber to add more bulk to the salad. If you have any leftover grilled vegetables, roast pumpkin or sweet potato they can also be tossed through.

1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse with cold water.

2. COOK THE CHICKEN

Coat **chicken** with 1 tsp **orange** zest and seasoning of choice, **oil, salt and pepper**. Cook in a frypan over medium heat for 8–12 minutes each side or until cooked through (see notes).

TIP *We coated the chicken with 1/2 tbsp ground cumin. You could use ground coriander, smoked paprika or soy sauce to flavour the chicken instead. A pre-made marinade such as peri-peri or teriyaki sauce also works well! Cover the frypan when cooking to speed up the cook time.*

3. PREPARE THE SALAD

In a large salad bowl, whisk together **1 tbsp vinegar, 2 tbsp olive oil, salt and pepper** (see tip). Peel and slice orange into crescents. Slice **avocado**. Toss all together with **mesclun leaves** and cooked black rice (see notes).

TIP *Add 1 tbsp honey or maple syrup to the dressing for a sweeter finish. You could also use a pre-made vinaigrette if you have one. The vinegar can be substituted with lime juice.*

4. FINISH AND SERVE

Slice the cooked chicken and divide among plates along with rice salad.

TIP *Add some toasted almonds, pine nuts or walnuts to the salad if you have some.*

This recipe has simplified instructions to help lower your meal cost.