



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Beerenberg Marmalade


About 200 years ago, George and Anna Paech came from Prussia and settled in the Adelaide Hills where they started what is known as Beerenberg farm. The name Beerenberg means 'Berry Hill' in German.



## 2 Ginger Marmalade Stir Fry with Chicken

A sweet and sour marmalade based sauce, stir fried with vegetables, served with chicken schnitzels

 30 mins

 2 servings

 Chicken

6 August 2021

Per serve: **PROTEIN** 38g **TOTAL FAT** 5g **CARBOHYDRATES** 63g

## FROM YOUR BOX

BROWN BASMATI RICE	150g
CHICKEN SCHNITZELS	300g
GINGER	1 piece
MARMALADE	1/2 jar *
SPRING ONIONS	1/2 bunch *
GREEN BEANS	1/2 bag (75g) *
ZUCCHINI	1/2 *
CORN COB	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, fish sauce, Chinese five spice, red wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

We used sesame oil for extra flavour but any neutral oil will work great.



### 1. COOK THE RICE

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



### 2. COOK THE CHICKEN

Heat a large frypan over medium–high heat. Coat schnitzels in oil, 1 tsp Chinese five spice, salt and pepper. Cook chicken for 4–5 minutes each side or until cooked through. Put aside and keep frypan.



### 3. MAKE THE SAUCE

Grate ginger into a bowl to yield 1 tsp. Mix with 3 tsp marmalade, 1/2 tbsp vinegar, 1/2 tbsp fish sauce and 1 tbsp water.



### 4. STIR FRY VEGETABLES

Reheat frypan over medium–high heat with oil (see notes). Cut spring onions (reserve green tops), trim and cut green beans and slice zucchini, remove corn kernels from cob. Add to pan as you go. Cook, stirring, for 4–6 minutes until vegetables are tender.



### 5. ADD THE SAUCE

Toss through half the sauce until vegetables are well coated.



### 6. FINISH AND PLATE

Slice chicken and remaining spring onions. Spoon even amounts of rice into bowls, top with vegetables and chicken slices. Spoon over remaining sauce, garnish with spring onions.

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

