



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Orange


Oranges are one of the largest citrus fruits in the world! Here in Australia we have the navel and Valencia variety. We love them because they are high in vitamin C and a source of antioxidants!



2 Orange Glazed Chicken with Golden Wedges

Sticky glazed chicken breast cooked in the pan with asparagus, served with oven roasted wedges and a baby leaves and beetroot salad.

 25 minutes

 2 servings



 Chicken

22 October 2021

Serve in a bun!

Slice the chicken breast and serve in a burger bun (or hotdog roll) with the ricotta and baby leaves.

FROM YOUR BOX

| | |
|---|--------------|
| MEDIUM POTATOES | 500g |
| SLICED CHICKEN BREAST  | 300g |
| ORANGE | 1 |
| TERIYAKI SAUCE | 1 tbsp * |
| BABY LEAVES & BEETROOT | 1 bag (180g) |
| ASPARAGUS | 1 bunch |
| RICOTTA | 1/2 tub * |
|  VEGGIE SAUSAGES | 1 packet |

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried oregano
olive oil (Veg option only)

KEY UTENSILS


frypan, oven tray

NOTES

For extra crispy wedges and quicker cooking time, you can cut the potatoes into chips and increase the oven temperature to 250°C.

You can dress the salad with vinegar of choice and olive oil.

No gluten option - teriyaki sauce is replaced with GF teriyaki sauce.


 **VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.**



1. ROAST THE WEDGES

Set oven to 220°C.


Cut potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20 minutes until golden (see notes).

 **VEG OPTION - Prepare potatoes as above also tossing with 1/2 tbsp teriyaki sauce. Roast in oven for 20 minutes.**



4. COOK THE ASPARAGUS

Trim and halve asparagus. Add to frypan with chicken to cook for last 2-3 minutes, turning.

 **VEG OPTION - Trim asparagus. Coat sausages and asparagus with oil. Add to frypan over medium-high heat. Cook for 5 minutes, turning.**



2. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken with 1 tsp orange zest, 1 tbsp orange juice, 1 tbsp teriyaki sauce and **1/2 tbsp oil**. Cook in pan for 8-10 minutes, turning, or until cooked through (see step 4).

 **VEG OPTION - Skip this step.**




5. MAKE RICOTTA SAUCE

Combine **2 tsp oregano** with ricotta and **2 tbsp water**. Season with **salt and pepper** to taste.



3. PREPARE THE SALAD


Dice remaining orange. Toss with baby leaves and beetroot (see notes).

 **VEG OPTION - Whisk zest and juice from 1/2 orange with 1/2 tbsp teriyaki sauce and 1/2 tbsp olive oil. Dice remaining orange, toss with baby leaves and dressing.**



6. FINISH AND SERVE

Serve orange chicken with asparagus, wedges, salad, and ricotta sauce for dipping.

 **VEG OPTION - Serve sausages with asparagus, wedges, salad, and ricotta sauce for dipping.**

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**

