



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** 39g **TOTAL FAT** 17g **CARBOHYDRATES** 44g

FROM YOUR BOX

SUSHI RICE	300g
GINGER	1 piece
ORANGES	2
SNOW PEAS	150g
CARROTS	2
RED CAPSICUM	1
CHICKEN BREAST FILLET	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 1.5 x water. Cover and bring to a boil. Reduce heat immediately to 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 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

Dice chicken and coat with **2 tbsp cornflour**. Reheat frypan over medium-high heat with **1-2 tbsp sesame oil**. Cook chicken for 6-8 minutes until browned. Slice and add spring onions (reserve some green tops for garnish).



5. SIMMER THE SAUCE

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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