

Orange chicken

30 min · 4 servings

Approximate timing; adjust to your equipment.



INGREDIENTS

For the chicken:

2 chicken breast fillets (about 300 g)

1 tbsp paprika

Salt and pepper, to taste

1 tbsp garlic powder

25 g cornflour

For the sauce:

150 ml freshly squeezed orange juice

25 ml plain soy sauce

5 g cornflour

40-50 ml water

1 pinch chilli

3 garlic cloves

1 tbsp chopped ginger

Orange zest (optional)

To serve:

1 handful sesame seeds

2 Thai spring onions

320 g white rice

1 tbsp honey

1 tbsp oil for cooking

Orange wedges to serve

LET'S GET COOKING

1. Cut the chicken into pieces and mix with salt, pepper, paprika, garlic powder and cornflour.
2. Heat a drizzle of oil in a pan and cook the chicken for 3-4 minutes on each side. Set aside.
3. In the same pan, add the garlic, ginger and chilli.
4. Pour in the orange juice, soy sauce and honey, then add the optional orange zest. Stir.
5. Boil and reduce for 10 minutes. Mix the water and cornflour and stir into the sauce.
6. Return the chicken to the pan and cook for another 2 minutes, until cooked through. Add sesame seeds and spring onion.
7. Serve over cooked rice with extra sesame seeds, spring onion and 2 orange wedges.