



JAFFA ORANGE CHICKEN

Makes

2

Time

50
mins

Level

MEDIUM

Kcal

392
per portion

You will need

- 1 x Jaffa orange
- 1 x tsp salt
- 1 x tsp pepper
- 1 x tsp sesame seeds
- 1 x tsp red pepper flakes
- ½ x tsp ground ginger
- 2 x tbsp olive oil
- 3 x tbsp cornstarch
- 3 x garlic cloves
- 1 x spring onion
- 900g skinless chicken breast (cut into chunks)
- 120ml honey
- 60ml rice wine vinegar
- 80ml soy sauce

Our step by step guide

Step 1

Juice the Jaffa orange.

Step 2

Whisk the Jaffa orange juice with all the ingredients except for the chicken until combined

Step 3

Season the chicken generously with salt and pepper. Heat oil in a large sauté pan over medium-high heat. Add chicken and sauté for about 4 to 6 minutes, stirring occasionally, until the chicken is browned and nearly cooked through

Step 4

Pour in the orange sauce and stir to combine. Let the sauce come to a boil, then boil for an additional minute or two until thickened.

Step 5

Remove from heat and serve immediately over quinoa or rice. Garnish with spring onions, sesame seeds and additional orange zest.

Step 6

Enjoy!

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IN YOUR BELLY

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