



ORANGE CHICKEN

WITH TURMERIC & CASHEW NUTS

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 25 minutes

This saucy orange chicken is super easy to make and full of flavour. With vitamin C from oranges, plus ginger, honey and turmeric, it's a nourishing winter meal.



1. PREPARE INGREDIENTS

Dice chicken into 2cm cubes and season with salt and pepper. Slice carrots and celery into small pieces and roughly chop Shanghai bok choy.

2. MAKE SAUCE

Crush garlic. Whisk together garlic, ginger, orange juice, chicken stock, soy sauce, honey, cornflour mixture and turmeric, until well combined.

3. COOK

Heat oil in a large wok or frying pan over a high heat. Stir fry chicken for 4 minutes, until browned and virtually cooked through. Add carrots and celery and cook for 3 minutes, until almost tender. Add Shanghai bok choy and cook for 2 minutes. Stir in sauce and leave to simmer for a couple of minutes. Meanwhile, finely slice spring onions.

4. Lastly, stir in cashew nuts and noodles and cook until noodles have softened and sauce has thickened (approximately 2 minutes). Taste, then season with salt and pepper if required.

5. SERVE

Transfer to warmed serving bowls and top with spring onions.

CHICKEN & VEGGIES

- 500g chicken tenderloins (1lb 2oz)
- 2 carrots
- 2 stalks celery
- 200g Shanghai bok choy (7oz)
- 1 Tbsp olive oil
- 2 spring onions
- 400g hokkien noodles (14oz)
- 1/2 cup roasted, salted cashew nuts (70g)

SAUCE

- 2 cloves garlic
- 1 1/2 tsp finely grated ginger
- Juice of 2 oranges (2/3 cup / 160ml)
- 1/2 cup chicken stock (125ml)
- 3 Tbsp soy sauce
- 1 1/2 Tbsp honey
- 1 Tbsp cornflour dissolved in 1 Tbsp cold water
- 1/2 tsp turmeric



WINE MATCH: Try a dry Rosé with this meal.

ORANGE CHICKEN RECIPE NOTES

GLUTEN-FREE OPTION: Try rice noodles or gluten-free soba noodles instead of hokkien noodles. Rice noodles are much lighter so you will only need around 200g - these need to be cooked first, so I would get these ready after preparing the sauce. Use gluten-free chicken stock powder, soy sauce and cornflour.

INGREDIENT SWAP: You can switch out the veggies for other ones - try broccoli and beans. You can also use chicken breast instead of chicken tenderloins.

STORING AND REHEATING: Place individual portions in airtight containers and reheat in the microwave.