

Chicken Orange Stir Fry

Serves 4

For the sauce:

- 1 orange, juice only
- 1/3 cup (100g) marmalade (low sugar)
- 1/4 cup (60ml) soy sauce
- 1 tsp. sriracha (or as needed)
- 1 tbsp. buckwheat flour

For the stir fry:

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 sprigs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- 1/2 cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

What you need to do

1. Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.
2. Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 minutes until chicken is cooked through. Remove from the pan and set aside.
3. Lower the heat and add the garlic and green onions, cooking for 1 minute. Keep stirring to prevent burning.
4. Now add the mangetout peas and bell pepper and cook for another 3-4 minutes. Add in cooked rice and mix well with the vegetables.
5. Next, add in the cooked chicken, grated carrots and the sauce. Stir well.
6. Garnish with sesame seeds and more green onions to serve.



GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	397	7	53	34

*Nutrition per serving

