



Chinese Orange Chicken

with Sesame Rice and Roasted Broccoli

FAMILY 20 Minutes



Chicken Tenders



Cornstarch



Basmati Rice



Navel Orange



Vegetarian Oyster Sauce



Moo Shu Spice Blend



Garlic



Sesame Seeds



Broccoli, florets



Sweet Chili Sauce



Sesame Oil

HELLO NAVAL ORANGES

The perfect way to punch up flavours in Asian dishes!

START HERE

- Before starting, preheat oven to 450°F.
- Add 2 ½ cups water in a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust Out

Large Non-Stick Pan, Measuring Cups, Paper Towels, Whisk, Medium Bowl, Zester, Measuring Spoons, Medium Pot, Baking Sheet, Large Bowl, Parchment Paper

Ingredients

	4 Person
Chicken Tenders	680 g
Cornstarch	¼ cup
Basmati Rice	1 ½ cup
Navel Orange	1
Vegetarian Oyster Sauce	4 tbsp
Moo Shu Spice Blend	2 tbsp
Garlic	6 g
Sesame Seeds	1 tbsp
Broccoli, florets	454 g
Sweet Chili Sauce	½ cup
Sesame Oil	1 tbsp
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. COOK SESAME RICE

Add **rice** and **sesame oil** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4. MAKE ORANGE SAUCE

While the **chicken** cooks, zest **1 tsp orange zest**, then juice the **orange**. Peel, then mince or grate **garlic**. Whisk together the **orange juice, zest, vegetarian oyster sauce, garlic** and **sweet chili sauce** in a medium bowl



2. ROAST BROCCOLI

While the **rice** cooks, cut the **broccoli** into bite-sized pieces. Toss **broccoli** with **2 tbsp oil** on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until tender, 10-12 min.



5. FINISH CHICKEN

Add the **orange sauce** to the pan with the **chicken**. Cook, stirring often, until the **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**.



3. COOK CHICKEN

While the **broccoli** roasts, pat **chicken** dry with paper towels. Add **chicken, cornstarch** and **Moo Shu Spice** to a large bowl. Season with **salt** and **pepper** and toss to combine. Heat a large non-stick pan over medium-high heat. When hot, add **2 tbsp oil**, then the **chicken**. Cook, turning pieces over occasionally, until cooked through, 5-6 min.**



6. FINISH AND SERVE

Fluff **rice** with a fork. Stir in **half the sesame seeds** and season with **salt**. Divide **rice** between bowls. Top with **broccoli** and **chicken** then drizzle over **orange sauce**. Sprinkle over the **remaining sesame seeds**.

Dinner Solved!