



BETTER THAN TAKEOUT

Orange Chicken Stir-Fry

with Broccoli & Jasmine Rice

30min 2 Servings

Step away from that takeout menu! We're bringing a stir-fry to your home kitchen that packs so much flavor, it outshines anything you can order in. And, at 30 minutes from start to finish, it's just as quick (if not quicker!). Tender pieces of chicken are cooked with ginger and garlic, then finished with a sticky-sweet, citrusy glaze and tossed with crisp broccoli and scallions. Jasmine rice soaks up all the saucy goodness.

What we send

- jasmine rice (use $\frac{3}{4}$ cup)
- garlic (use 1 large clove)
- 1 oz fresh ginger
- 1 oz scallions
- 2 oranges
- $\frac{1}{2}$ lb broccoli
- $\frac{1}{2}$ lb pkg boneless, skinless chicken breasts
- 1 oz apricot preserves
- 2 ($\frac{1}{2}$ oz) tamari in fish-shaped pods

What you need

- kosher salt & pepper
- sugar
- neutral oil, such as vegetable
- all-purpose flour¹

Tools

- fine-mesh sieve
- small saucepan
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat(1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700kcal, Fat 22g, Carbs 89g, Proteins 37g



1. Cook rice

Rinse **$\frac{3}{4}$ cup rice** in a fine-mesh sieve until water runs clear. Combine rice, **$1\frac{1}{4}$ cups water**, and **$\frac{1}{2}$ teaspoon salt** in a small saucepan and bring to a boil. Reduce heat to low, cover, and cook until rice is tender and water is absorbed, about 17 minutes. Remove from heat, then keep covered to keep warm.



4. Stir-fry vegetables

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli** and **a pinch each salt and pepper**. Cook until **broccoli** is just tender and browned in spots, 3-4 minutes. Transfer **scallions** and **orange zest** to skillet, then cook until browned in spots, about 1 minute. Transfer veggies to a bowl.



2. Prep ingredients

Peel and finely chop **1 teaspoon garlic**. Peel **half of the ginger**, then finely chop (save rest for your own use). Trim **scallions**; cut into 1-inch pieces. Using a vegetable peeler, remove 4 (1-inch) wide strips of **orange zest**, then squeeze **$\frac{1}{2}$ cup orange juice** into a small bowl. Trim **broccoli**; cut into 1-inch florets. Pat **chicken** dry; cut into 1-inch pieces.



5. Brown chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Toss **chicken** with **salt, pepper**, and **$1\frac{1}{2}$ tablespoons flour**. Transfer to skillet, then cook until browned and cooked through, 3-4 minutes. Add **garlic, ginger**, and **2 teaspoons oil**, then cook until aromatics are fragrant, about 1 minute.



3. Make sauce

To the small bowl with **orange juice**, add **apricot preserves**, **all of the tamari**, and **1 tablespoon sugar**.



6. Finish & serve

Transfer **sauce** to skillet. Bring to a boil, then cook, stirring, until sauce has thickened slightly, 1-2 minutes. Stir in **broccoli** and **scallions**, then cook until warm, about 1 minute. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork. Serve **orange chicken stir-fry** over **rice**. Enjoy!