



Orange Plant-Based Chicken Stir-Fry

with Broccoli & Jasmine Rice



30min



2 Servings

Step away from that take-out menu! We're bringing a stir-fry to your kitchen that packs so much flavor, it outshines anything you can order in. And, it's just as quick (if not quicker!). We stir-fry tender pieces of plant-based chicken with aromatic ginger and garlic, toss in crisp broccoli and scallions, then finish it with a sticky-sweet, citrusy glaze.

What we send

- 5 oz jasmine rice
- 1 oz fresh ginger
- 2 scallions
- 2 oranges
- ½ lb broccoli
- 2 (½ oz) apricot preserves
- 2 (½ oz) tamari soy sauce ⁶
- 8 oz pkg plant-based chicken ⁶

What you need

- kosher salt & ground pepper
- sugar
- neutral oil
- garlic

Tools

- small saucepan
- vegetable peeler
- medium skillet

Cooking tip

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Allergens

Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 22g, Carbs 99g, Protein 33g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, bring to a boil over high heat. Cover and cook over low, until rice is tender and water is absorbed, about 17 minutes. Remove from heat. Keep covered until ready to serve.



4. Stir-fry vegetables

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli** and **a pinch each of salt and pepper**. Cook until broccoli is just tender and browned in spots, 3-4 minutes.

Add **scallions** and **orange zest**; cook until browned in spots, about 1 minute. Transfer veggies to a bowl.



2. PLANT CHICKEN VARIATION

Finely chop **1 teaspoon garlic**. Peel and finely chop **half of the ginger**. Trim **scallions**, then cut into 1-inch pieces.

Using a vegetable peeler, peel 4 (1-inch) wide strips of **orange zest**. Squeeze **½ cup orange juice** into a small bowl.

Cut **broccoli** into 1-inch florets, if necessary.



5. Brown plant-based chicken

Heat **1 tablespoon oil** in same skillet over high. Add plant-based chicken to skillet and cook, stirring occasionally, until browned, 3-4 minutes.

Add **chopped garlic and ginger** and **2 teaspoons oil**; cook, stirring, until aromatics are fragrant, about 1 minute more.



3. Make sauce

Into bowl with **orange juice**, whisk **all of the apricot preserves and tamari** with **1 tablespoon sugar** until sugar is dissolved. Set aside for step 6.



6. Finish & serve

Add **sauce** to skillet. Bring to a boil; cook, stirring, until sauce is slightly thickened, about 2 minutes. Stir in **broccoli, scallions**, and **orange zest**; cook until veggies are warm, about 1 minute. Season to taste with **salt** and **pepper**.

Fluff **rice** with a fork. Serve **orange plant-based chicken stir-fry** over **rice**. Enjoy!