



Our Family Pick! Orange 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 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 ⁶
- 10 oz pkg chicken breast strips

What you need

- kosher salt & ground pepper
- sugar
- neutral oil
- all-purpose flour ¹
- garlic

Tools

- small saucepan
- vegetable peeler
- medium skillet

Allergens

Wheat (1), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 20g, Carbs 95g, Protein 43g



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.



2. Prep ingredients

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. Pat **chicken** dry; cut into 1-inch pieces, if necessary.



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.



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.



5. Brown chicken

Heat **1 tablespoon oil** in same skillet over high. Toss **chicken** with **salt, pepper**, and **1½ tablespoons flour**. Add 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 and chicken is cooked through, about 1 minute more.






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 chicken stir-fry** over **rice**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com    **#marthaandmarleyspoon**