



## Orange Chicken Stir-Fry with Brown Rice

& Broccoli



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

- 1 oz fresh ginger
- 2 scallions
- 2 oranges
- ½ lb broccoli
- 2 (½ oz) apricot preserves
- 2 (½ oz) tamari soy sauce <sup>6</sup>
- 10 oz pkg chicken breast strips
- ¼ oz cornstarch
- 5 oz quick-cooking brown rice

## What you need

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

## Tools

- small saucepan
- fine-mesh sieve
- vegetable peeler
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 720kcal, Fat 23g, Carbs 89g, Protein 44g



### 1. Cook rice

Bring a small saucepan of **salted water** to a boil. Add **rice** and boil (like pasta), stirring occasionally, until just tender, about 22 minutes. Drain rice in a fine-mesh sieve.



### 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 **cornstarch**. 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!