

MARLEY SPOON



Take-Out Style: 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!). 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
- garlic
- 1 oz fresh ginger (use half)
- 1 oz scallions
- 2 oranges
- ½ lb broccoli
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz apricot preserves
- 2 (½ oz) tamari in fish-shaped pods ²

What you need

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

Tools

- small saucepan
- medium skillet

Allergens

Wheat (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 810kcal, Fat 23g, Carbs 95g, Protein 49g



1. Cook rice

In a small saucepan, combine **rice**, **1¼ cups water**, and **½ teaspoon salt**, 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. Keep covered until ready to serve.



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Peel **half of the ginger**, then finely chop. 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. Trim stem ends from **broccoli**, then cut crown into 1-inch florets. Pat **chicken** dry, then cut into 1-inch pieces.



3. Make sauce

Whisk **apricot preserves**, **all of the tamari**, and **1 tablespoon sugar** into bowl with **orange juice** until sugar is dissolved.



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** to skillet, and 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, orange zest**, and **2 teaspoons oil**; cook, stirring, until aromatics are fragrant and chicken is cooked through, about 1 minute.



6. Finish & serve

Add **sauce** to skillet. Bring to a boil, and cook, stirring, until sauce has thickened slightly, about 2 minutes. Stir in **broccoli** and **scallions**; 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!