

# MARLEY SPOON



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

## What you need

- kosher salt & ground pepper
- sugar
- neutral oil
- all-purpose flour <sup>1</sup>

## Tools

- small saucepan
- vegetable peeler
- 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. 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 ends from **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 ends from **broccoli**, then cut crowns 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**, 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** 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, and 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!