



Chinese Orange Chicken

with Sesame Rice and Roasted Broccoli

20-min



Chicken Tenders



Cornstarch



Basmati Rice



Navel Orange



Vegetarian Oyster
Sauce



Garlic Puree



Sesame Seeds



Broccoli, florets



Sweet Chili Sauce



Sesame Oil

HELLO NAVEL ORANGE

The perfect way to punch up flavours in Asian dishes!

Start here

- Before starting, preheat oven to 450°F.
- Bring 1 ¼ cups water (dbl for 4 ppl) to a boil in a covered medium pot.
- Wash and dry all produce.

Bust Out

Baking sheet, medium bowl, measuring spoons, zester, medium pot, large bowl, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Cornstarch	2 tbsp	4 tbsp
Basmati Rice	¾ cup	1 ½ cup
Navel Orange	1	2
Vegetarian Oyster Sauce	¼ cup	½ cup
Garlic Puree	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	1 tbsp
Broccoli, florets	227 g	454 g
Sweet Chili Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook rice

Add **rice** to the pot of boiling **water**. Reduce heat to low. Cook, still covered, until **rice** is tender and liquid is absorbed, 12-14 min.



Roast broccoli

While **rice** cooks, cut **broccoli** into bite-sized pieces. Add **broccoli** and **half the sesame oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, until tender, 10-12 min.



Cook chicken

While **broccoli** roasts, pat **chicken** dry with paper towels, then cut into 2-inch pieces. Add **chicken** and **cornstarch** to a large bowl. Season with **salt** and **pepper**, then toss to coat. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, turning pieces over occasionally, until cooked through, 5-6 min.**
(NOTE: For 4 ppl, cook in two batches, using 2 tbsp oil for each batch.)



Make orange sauce

While **chicken** cooks, zest, then juice the **orange**. Whisk together **orange juice**, **garlic puree**, **vegetarian oyster sauce**, **sweet chili sauce** and **½ tsp orange zest** (dbl for 4 ppl) in a medium bowl.



Finish chicken

Add **orange sauce** to the pan with **chicken**. Cook, stirring often, until the **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**.



Finish and serve

Fluff **rice** with a fork, then stir in **remaining sesame oil** and season with **salt**. Divide **rice** between bowls. Top with **broccoli** and **orange chicken**. Sprinkle **sesame seeds** over top.

Dinner Solved!