

One-Pot Orange Chicken with Rice

This is a healthier, cheaper and probably quicker version of the Chinese takeaway dish. Made in one large pot, it's also low effort and can be halved or doubled easily.

Makes: 4 portions Time: 10 minutes prep. 20 minutes cooking

MAIN INGREDIENTS

2 chicken stock cubes
750ml water
300ml orange juice
50ml light soy sauce
1 tablespoon sesame oil
2 tablespoons honey
300g rice
500g boneless chicken thighs, roughly cut into chunks
3 cloves of garlic, finely chopped
2 teaspoons grated or minced root ginger
Grated zest of an orange
Salt & pepper, to taste

EXTRAS

Chopped peppers (red, green or yellow)
Broccoli, chopped
Green beans, cut in half

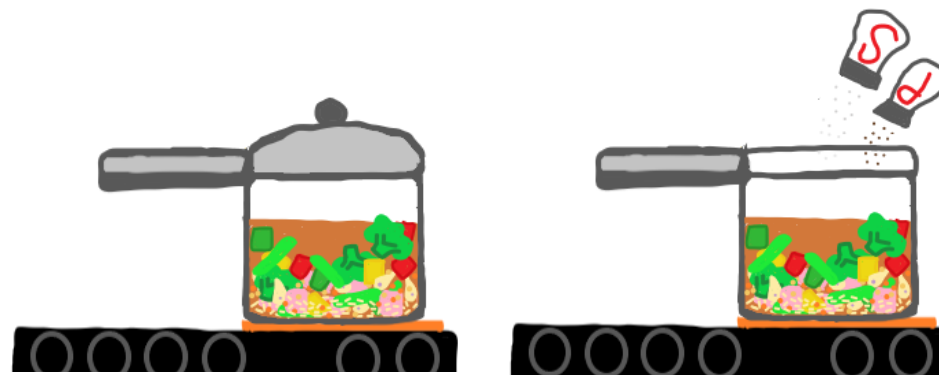
Substitutions

No chicken? Try chickpeas or tofu, or just increase the amount of veg.

No garlic? Try onion or celery

No broccoli? Try cauliflower or Brussels sprouts

In fact, you can change the veg in this recipe for whatever you have, like frozen peas or corn, carrots or leeks. Just cut them to the size you prefer and, if you prefer them with a bite rather than soft, add them half-way through the rice's cooking time.



5. Cover and leave to simmer until the rice is cooked. This can take 10-15 minutes depending on your rice.

6. Taste and season with salt and pepper, if needed.

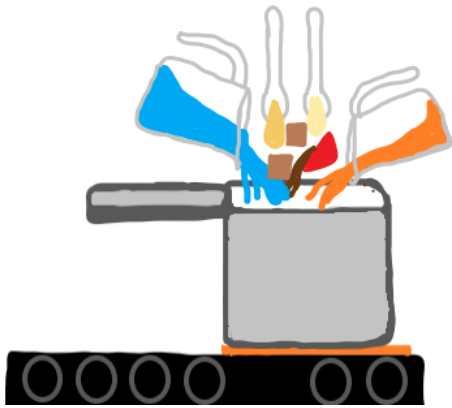


7. Serve and enjoy!

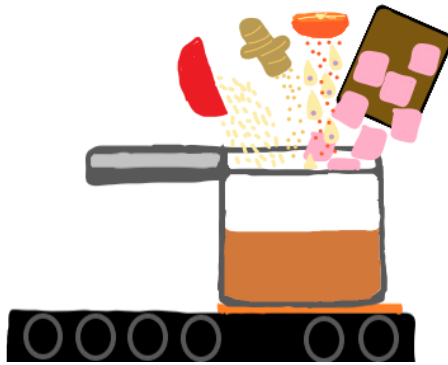
Serving suggestions:

Drizzle with chilli sauce.

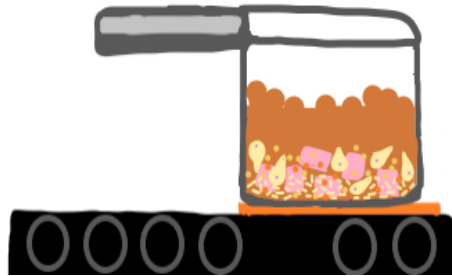
Sprinkle chopped chillis, sliced spring onions or sesame seeds over the top.



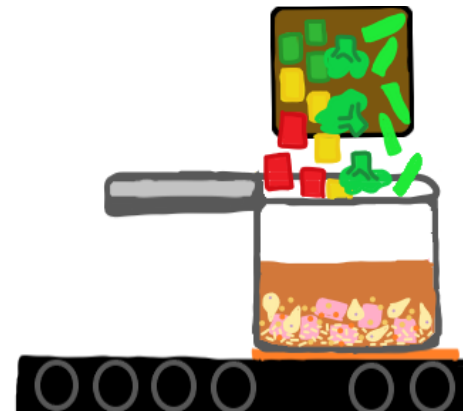
1. Add the stock cubes and liquid to a large saucepan. (The liquids are: water, orange juice, soy sauce, sesame oil and honey).



2. Add the rest of the main ingredients except the salt and pepper.



3. Bring to the boil.



4. Add the extra ingredients and turn the heat down to low.

Recipe info

Typical ingredients cost: £4.57

Typical fuel cost: £0.03 gas / £0.12 electric

This collection of recipes has been created by staff and volunteers at The Roundhouse Community Kitchen in Dundee. We turn unwanted food into tasty meals that support people when they need it. We want to encourage a love of great, home-cooked food, to nourish bodies, save pennies and share skills.

We'd love to see what you've been whipping up in your kitchen. Share photos, tips and questions with us on facebook or Instagram.

We are @roundhousekitchen

Enjoy your kitchen!

