



UCOOK

Easy Orange Chicken

with chopped peanuts, cauliflower & chilli flakes

Chicken, cauliflower, cabbage, and garlic are stir-fried together in a sticky orange sauce! Orange chicken is a popular fast food dish, so why not learn how to make it in your own kitchen instead of picking up a takeout menu! Finished off with fresh coriander, peanuts, and chilli flakes, this dish truly is a "winner, winner, chicken dinner!"

Hands-On Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba

 Carb Conscious

 Boschendal | Rache'sfontein Chenin Blanc

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Ingredients & Prep

400g	Cauliflower Florets <i>cut into bite-sized pieces</i>
20ml	Cornflour
2	Free-range Chicken Breasts <i>patted dry & cut into bite-sized chunks</i>
2	Garlic Cloves <i>peeled & grated</i>
20g	Fresh Ginger <i>peeled & grated</i>
100ml	Orange Juice
60ml	Soy-vinegar <i>(40ml Low Sodium Soy Sauce & 20ml Rice Wine Vinegar)</i>
5ml	Dried Chilli Flakes
200g	Cabbage <i>finely sliced</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
20g	Peanuts <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. ROAST MOMENT Preheat the oven to 200°C. Spread out the cauliflower pieces on a roasting tray, coat in oil and season. Roast in the hot oven for 25-30 minutes until cooked through and starting to crisp. Place the corn flour in a small bowl and mix in 100ml of water until a runny paste - this is called a slurry!

2. SIZZLING ORANGE CHICKEN When the cauliflower is done, place a pan over a high heat with a drizzle of oil. When hot, add the chicken chunks and fry for 1-2 minutes per side until golden but not cooked through. Add the grated garlic and ginger and fry for 30-60 seconds, until fragrant, shifting constantly. Add the slurry, the orange juice, the soy-vinegar, ½ the chilli flakes (to taste), the sliced cabbage, and the roasted cauliflower. Mix until fully combined. Leave to simmer for 1-2 minutes until the sauce has slightly reduced and the cabbage is slightly wilted, shifting occasionally. Season to taste.

3. TIME TO EAT! Pile up the sticky orange chicken stir-fry. Sprinkle over the chopped coriander, the chopped peanuts, and the remaining chilli flakes (to taste). Dig in, Chef!



Chef's Tip

To make sure your cauliflower gets crispy, spread it out with a little space between each piece and don't overcrowd the tray!

Nutritional Information

Per 100g

Energy	304kj
Energy	73Kcal
Protein	8.1g
Carbs	5g
of which sugars	2.5g
Fibre	1.7g
Fat	1.7g
of which saturated	0.3g
Sodium	156mg

Allergens

Gluten, Allium, Peanuts, Wheat,
Sulphites, Soy

Cook
within 2
Days