



# 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!"

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes


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**Serves:** 4 People

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**Chef:** Kate Gomba

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 Carb Conscious

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 Boschendal | Rache'sfontein Chenin Blanc

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## Ingredients & Prep

800g	Cauliflower Florets <i>cut into bite-sized pieces</i>
40ml	Cornflour
4	Free-range Chicken Breasts <i>patted dry &amp; cut into bite-sized chunks</i>
4	Garlic Cloves <i>peeled &amp; grated</i>
40g	Fresh Ginger <i>peeled &amp; grated</i>
200ml	Orange Juice
120ml	Soy-vinegar <i>(80ml Low Sodium Soy Sauce &amp; 40ml Rice Wine Vinegar)</i>
10ml	Dried Chilli Flakes
400g	Cabbage <i>finely sliced</i>
15g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
40g	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 30-35 minutes until cooked through and starting to crisp. Place the corn flour in a small bowl and mix in 200ml 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 2-3 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