

DINNERLY



⚡ FAST

Orange Chicken with Carrot Couscous and Rocket



20-30 minutes



2 Servings

Chicken, orange and honey – it's a flavour love triangle. Simply marinate chicken in a zesty-sweet mix, then pan-fry and serve with couscous cooked in a spiced orange sauce.

WHAT WE SEND

- 1
- 1,6,17

WHAT YOU NEED

- balsamic vinegar ¹⁷
- Australian honey
- mustard ¹⁰
- olive oil

TOOLS

- box grater
- medium frypan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Mustard (10), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 680kcal, Fat 19.0g, Carbs 69.7g, Proteins 46.6g



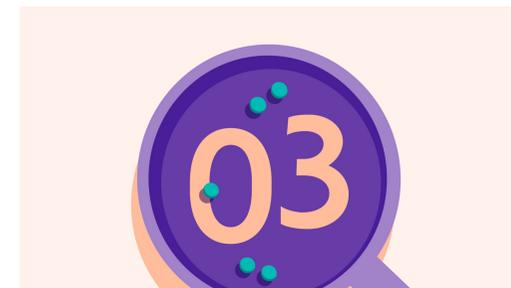
1. Prep ingredients

Finely grate the zest of **half the orange**, then juice the half (the remaining orange won't be used in this dish). Peel the **carrots**, then coarsely grate. Put the **chicken**, **orange zest**, **2 tsp olive oil** and **1 tsp honey** in a bowl. Season with **salt and pepper** and stir to combine. Set aside until needed.



2. Make orange mixture

Put the **orange juice**, **180ml (¾ cup) water** and **½ tsp five-spice powder** (the remaining five-spice won't be used in this dish) in a small saucepan and season with **salt and pepper**. Bring to the boil, then remove the pan from the heat.



3. Cook couscous

Put the **couscous** in a large heatproof bowl. Add the **boiling orange mixture**, then cover the bowl with a plate. Stand for 5-7 mins or until the liquid is absorbed. Fluff the grains with a fork, then add the **carrot** and stir to combine.



4. Cook chicken

Meanwhile, heat a medium frypan over medium-high heat. Cook the **chicken**, turning occasionally, for 5-6 mins until golden and cooked through. Remove from the pan.



5. Serve up

Put **1½ tbs olive oil**, **3 tsp balsamic vinegar** and **1 tsp dijon mustard** in a bowl. Season with **salt and pepper** and whisk to combine. Divide the **carrot couscous** and **orange chicken** among plates. Drizzle the **dressing** over the chicken and **rocket** and enjoy.



6. Did you know?

It looks like a grain, but couscous is actually a type of pasta made from semolina flour and water. It's named after the North African word for 'well rolled' – traditionally it was made by sprinkling the semolina with water and then rolling it by hand into tiny balls.