



**NUTRITION** per serving 83g carbohydrates 14g fat 59g protein 1737mg sodium | low-calorie, dairy-free, shellfish-free, nut-free



Calories  
619



Prep & Cook Time  
35-45 min.



Cook Within  
5 days



Difficulty  
Easy



Spice Level  
Medium

#### IN YOUR BOX

- ¾ cup Jasmine Rice
- 2 Green Onions
- 4 oz. Mandarin Oranges in Juice
- 2 Boneless Skinless Chicken Breasts
- 4 oz. Snap Peas
- 6 Dried Arbol Chiles
- 2 fl. oz. Orange Juice Concentrate
- 2 fl. oz. Teriyaki Glaze

#### IN YOUR KITCHEN

- Olive Oil
- Salt
- Small Pot
- Medium Non-Stick Pan

[www.homechef.com/3457](http://www.homechef.com/3457)



HOME CHEF

## Healthy Takeout Orange Chicken

with snap peas and jasmine rice

## BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Spice Alert!** Most spice from **dried chiles** is contained in seeds found inside. You may omit chiles entirely, or use one chile for mild heat, two for medium heat, or three or more for high heat.
- **Heads Up!** **Green onions** are used twice. **White portions** are cooked with vegetables, and **green portions** garnish dish.

## FROM THE CHEF

Make sure to use a separate cutting board to cut chicken. This helps to prevent cross-contamination.

### Did you know...

During Chinese New Year, mandarin oranges symbolize abundance and good fortune, and they're frequently given as gifts.



### Cook the Rice

Bring a small pot with **rice** and 1 ½ cups **water** to a boil. Reduce heat to low, cover, and cook until tender, 18–20 minutes. Fluff grains with a fork and set aside covered. While rice cooks, prepare ingredients.



### Prepare the Ingredients

Trim and cut **white portions of green onions** into 1" lengths. Thinly slice **green portions** on an angle. Drain **mandarin oranges** and reserve juice. Rinse **chicken breasts** and pat dry. On a separate cutting board, cut chicken into ¾" dice and season with ¼ tsp. **salt**.



### Sear the Chicken

Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until a deep brown crust forms, 2–3 minutes. Flip chicken and repeat on second side. Transfer chicken to a plate and reserve pan for cooking vegetables. *Chicken will finish cooking in a later step.*



### Begin the Stir-Fry

Return pan to medium-high heat. Add 1 tsp. **olive oil**, **snap peas**, and **white portions of green onions** to hot pan. Cook, stirring often, until vegetables are lightly browned, 2–3 minutes. Transfer vegetables to a plate with chicken and reserve pan; no need to wipe clean.



### Finish the Stir-Fry

Return pan to medium high heat. Add 1 tsp. **olive oil** and **dried arbol chiles** (to taste) to hot pan and cook, stirring constantly, 30 seconds. *Breaking chiles into pieces will release their full spice potential.* Add **mandarin orange juice**, **orange juice concentrate**, and **teriyaki glaze**. Bring to a boil, return **chicken** and **vegetables** to pan, and cook until chicken reaches a minimum internal temperature of 165 degrees, 2–3 minutes. Gently stir in **mandarin oranges** and remove from burner.



### Plate the Dish

Place a mound of **rice** on plate and **orange chicken stir-fry** around rice. Garnish with **green portions of green onions**.