

Citrus chicken

A fresh and zesty dish - try serving it with some brown rice and some green beans



Food
Standards
Agency
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**LOW
FAT**

10.5g
per serving

**LOW
SAT FAT**

2.0g
per serving

**LOW
SUGAR**

10.7g
per serving

**LOW
SALT**

0.2g
per serving

Citrus chicken

Serves 2
Time 45 mins

Ingredients

- | | |
|-----------------------------------|--|
| 1 tsp sunflower oil | 1-2 medium potatoes, cubed |
| ½ onion, finely chopped | Chopped parsley (optional) |
| 1 chicken breast, cut into pieces | Freshly ground black pepper |
| 1 dsp plain flour | Juice of 1 orange,
or 75ml orange juice plus 25ml water |
| ½ red pepper sliced | 130g brown rice |
| 1 carrot peeled and sliced | |

Method

1. Wash your hands, work surfaces and chopping boards before you begin.
2. Prepare all ingredients making sure to wash hands, utensils and chopping board after preparing the chicken. Keep the raw chicken away from the other ingredients.
3. Heat the oil in a pan and brown the onions over a low heat for 2-3 minutes.
4. Coat each piece of chicken in the flour. Then add the chicken to the pan and brown for 2 minutes, stirring all the time to make sure it doesn't stick. Make sure that you wash your hands after handling the chicken.
5. Check that the chicken is cooked - this is when it is steaming hot all the way through, no pink meat is left and any juices run clear.
6. Add the other ingredients, then bring to the boil, turn the heat down and simmer over a low heat for about 20 minutes, until the vegetables are soft and the chicken is thoroughly cooked.
7. While the chicken is cooking, cook the rice according to packet instructions.

Allergy advice

Contains: wheat (contains gluten).

Any leftovers should be cooled with 1-2 hours and placed in the fridge for up to 2 days or frozen. Any leftover rice should be cooled within 1 hour, refrigerated and used within 24 hours. When reheating always make sure that the dish is steaming hot all the way through before serving - never reheat food more than once.

