

Citrus chicken

A fresh summer dish, try serving with brown rice and some green beans.



Serves: 2

Time: 45 minutes

Ingredients

- 1 teaspoon sunflower oil
- 1/2 onion, finely chopped
- 1 raw chicken breast, cut into large pieces
- 1 teaspoon plain flour
- half a red pepper, sliced
- Juice of 1 orange, or 75ml orange juice plus 25ml water
- 1 carrot, peeled and sliced
- 1 to 2 medium potatoes, cubed
- Chopped parsley (optional)
- Freshly ground black pepper

Method

1. Heat the oil in a pan and brown the onions over a low heat, for 2 to 3 minutes.

2. Coat the chicken pieces 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.
3. Once the chicken is cooked, 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.

Nutritional Information

| Each serving provides | Amount in grams |
|-----------------------|----------------------------------|
| Energy | 1393 kilojoules/330 kilocalories |
| Fat | 3.4 |
| Saturates | 0.5 |
| Sugar | 10.5 |
| Salt | 0.1 |

Typical values per 100g: Energy 328kJ/78kilocalories

The nutritional information stated above is based on each serving of citrus chicken and excludes suggested accompaniments.

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