



## Orange Chicken With Rice

**Serves 4 people**

1 lb (450 g) of skinless chicken fillets  
12 oz (340 g) of cooked brown rice  
8 oz (225 g) of small broccoli florets  
½ pint (300 ml) of unsweetened orange juice  
1 large diced courgette  
1 large orange  
1 medium chopped onion  
1 tbsp of olive oil  
1 bay leaf  
salt and pepper

### **To Garnish**

1 oz (30 g) of pitted black olives, quartered chopped basil leaves

### **Method**

1. Take the fillets and cut them into thin strips with a sharp knife, trimming off any excess fat.
2. In a large frying pan heat the olive oil.
3. Add the chopped onion and the strips and cook gently for 4 - 5 minutes, until the onion has softened and the turkey has browned.
4. Pour the unsweetened orange juice into the frying pan, add the bay leaf plus the salt and pepper.
5. Stir the ingredients well and bring to the boil.
6. Once the orange juice begins to boil, reduce to a moderate heat and simmer for 10 minutes.
7. In the meantime, cook the broccoli florets for 2 minutes in boiling water in a large saucepan.
8. After the 2 minutes add the diced courgette, bring back to the boil and cook for another 3 minutes.
9. Remove from the heat, drain the vegetables and place to one side.
10. Now, peel the orange using a small sharp knife, removing the skin and white pith as much as possible.
11. Cut the orange into thin slices and then cut the slices in half and half again.
12. Add the broccoli, courgette, orange pieces and the cooked brown rice to the chicken mixture. Stir all the ingredients together and cook for a further 4 - 5 minutes, stirring frequently.
13. Add more salt and pepper to season if you wish.
14. Once the chicken rice is very hot it will be ready to serve.
15. Garnish with the quartered black olives and chopped basil leaves.