



NOT JUST FOR HALF-TIME
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ANYTIME

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Braised Orange Chicken with Orange Rice Serves 4

Ingredients

- 4 large chicken cutlets
- 1 tsp paprika
- 1 tsp salt
- ½ tbs oil
- ½ tbs butter
- ½ cup orange juice
- 4 tbs white wine
- 1 tsp honey
- 4 slices of orange

Orange Rice

- 1 cup long grain rice
- 1 tbs butter
- ¼ cup finely diced celery
- ¼ cup finely diced carrot
- 1/3 cup currants
- 100g pine nuts, toasted
- 1 tbs finely grated orange rind
- 1 cup freshly squeezed orange juice
- 1 cup water
- 1 tsp salt
- ¼ cup fresh orange juice



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Orange Sauce

½ cup orange juice

1 tsp honey

½ tsp Dijon mustard

1 star anise

½ tsp orange rind

Method

Preheat the oven to 180°C. Mix together the paprika and salt and rub well into each piece of chicken. Heat butter and oil in a large frypan. Add chicken in batches and cook for 2 to 3 minutes on each side or until browned. Transfer chicken to a large casserole dish and lay a slice of orange on each cutlet. Mix together the honey, orange juice, white wine and pour over the chicken. Place in the oven, basting chicken regularly, cook for a further 20 minutes or until chicken is tender. Remove chicken and keep warm. Deglaze pan with ¼ cup orange juice, then pour pan juices into a jug and stand for 5 minutes until fat has separated. Then discard fat and strain through a fine sieve and add to orange sauce.

Orange Rice: Melt the butter in a pan, add the diced celery and carrot and sauté for 1 minute. Add the rice, water, orange juice and salt, stir well to combine. Bring to the boil, then reduce the heat, add the currants, cover and simmer gently for 20 minutes until the liquid is absorbed. Add the pine nuts and orange rind and serve.



Orange Sauce: Combine the fresh orange juice, honey, Dijon mustard and star anise, cook on a medium heat for 10 minutes to infuse the flavours until the sauce slightly thickens. Add deglazed jus and orange rind, pour over oven cooked chicken, return to the oven for 10 minutes and serve with seasonal vegetables.



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