



NOT JUST FOR HALF-TIME THEY'RE FOR ANYTIME

Squeeze more out of life.

Pan-Fried Moroccan Chicken

Serves 4 *by Kim McCosker*



Ingredients

2 oranges; 1 juiced and 1 peeled
and cut into slices

1½ tbs Moroccan spice

500g chicken strips

3 tbs butter

Method

Place juice, 1 tbs orange zest and spice in a large bowl and season with sea salt and pepper. Add chicken strips and coat thoroughly. Cover and refrigerate for at least 1 hour. Heat the butter in a large frypan. Add the chicken strips and cook on one side for 1-2 minutes or until golden. Turnover, add the orange slices and any remaining marinade and cook for 2-3 minutes until cooked through.

Optional: Serve with couscous, low-fat yoghurt and shredded mint.



oranges.com.au