



NOT JUST FOR HALF-TIME THEY'RE FOR ANYTIME

Squeeze more out of life.

Spicy Orange Chicken

Serves 6 *by Kim McCosker*



Ingredients

1kg chicken tenderloins

1 orange

2 tbs kecap manis

40g fresh basil leaves

2 tbs olive oil

2 garlic cloves, chopped

Method

Combine zest, juice, soy sauce and basil and stir well. Add chicken strips and toss to coat, marinate for at least 30 minutes - the longer the better.

Heat a wok over high heat. Add oil and sauté garlic for 10 seconds, then add marinated chicken and cook, stirring often, for 4 minutes.

Optional: Serve with white or brown rice or flavoured couscous.



oranges.com.au

