



## Sticky chicken & blood orange stir fry

 Dairy Free

READY IN



25 min.

SERVINGS



1

CALORIES



817 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 handfuls spinach leaves roughly chopped (this may seem like a lot but it wilts down)
- ☐ 1 juice of blood orange finely grated
- ☐ 1 tbsp clear honey
- ☐ 1 tsp soya sauce
- ☐ 2.5 cm/1in piece root ginger grated peeled chopped
- ☐ 1 garlic clove grated finely chopped
- ☐ 1 serving stir fry rice noodles blue (such as Sharwood's or Dragon)
- ☐ 1 tbsp sesame oil

- ☐ 1 tbsp vegetable oil
- ☐ 1 large chicken breast skinless sliced into strips
- ☐ 1 serving sprinkling of chilli flakes dried crushed

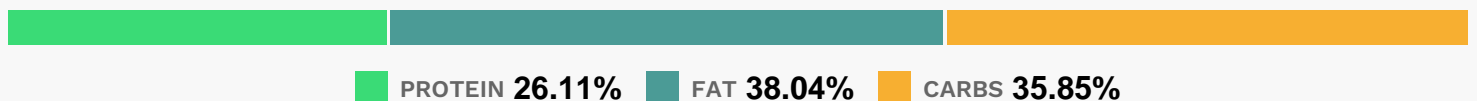
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ wok
- ☐ colander

## Directions

- ☐ First things first, put the kettle on, tip the spinach into a colander and sit the colander in the sink. Then, in a small bowl, whisk together the orange zest and juice, honey, soy sauce, ginger and garlic a micro whisk is perfect for this job.
- ☐ Put the noodles in a deep bowl and pour boiling water from the kettle to just cover. Leave to soak for 4 minutes, then very carefully and slowly pour the noodles and water over the spinach in the colander and toss the noodles with the spinach so it wilts.
- ☐ Drizzle the sesame oil over and mix gently. Put to one side.
- ☐ Heat the vegetable oil in a wok until its very hot, tip in the chicken strips and fry over a high heat for about 5 minutes, stirring occasionally, until the chicken is golden brown all over.
- ☐ Pour the orange and honey mix over the chicken. At first it will bubble furiously but after a few moments it will calm down. Bubble and stir the sauce and chicken for 2 minutes until the sauce is thick and shiny and has glazed the chicken.
- ☐ Tip the noodles, spinach and chilli flakes into the wok with the chicken. Gently toss everything together to warm through, then season with salt and pepper. Pile the noodles and chicken on a plate. A splash more soy sauce and a glass of chilled white wine are the only accompaniments this noodle supper needs.

## Nutrition Facts



## Properties

Glycemic Index:244.77, Glycemic Load:37.07, Inflammation Score:-10, Nutrition Score:40.513913040576%

Flavonoids

Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 816.92kcal (40.85%), Fat: 34.45g (53.01%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 73.06g (24.35%), Net Carbohydrates: 69.33g (25.21%), Sugar: 19.28g (21.42%), Cholesterol: 144.64mg (48.21%), Sodium: 783.07mg (34.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.22g (106.43%), Vitamin K: 319.35µg (304.14%), Vitamin A: 6316.52IU (126.33%), Vitamin B3: 24.81mg (124.07%), Selenium: 82.61µg (118.02%), Vitamin B6: 1.95mg (97.5%), Phosphorus: 616.68mg (61.67%), Manganese: 1.03mg (51.26%), Potassium: 1358.63mg (38.82%), Vitamin C: 28.42mg (34.45%), Vitamin B5: 3.43mg (34.29%), Folate: 135.1µg (33.77%), Magnesium: 128.26mg (32.06%), Vitamin E: 3.79mg (25.27%), Vitamin B2: 0.4mg (23.49%), Iron: 3.6mg (20.02%), Vitamin B1: 0.24mg (15.94%), Zinc: 2.3mg (15.36%), Fiber: 3.73g (14.91%), Copper: 0.27mg (13.64%), Calcium: 103.27mg (10.33%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)