

# Citrus Sticky Chicken

Nothing shouts “yum” louder than this chicken and vegetable recipe. The honey and orange juice give the chicken a delicious coating. This dish is low in saturated fat and salt. It also contains vitamin A which helps our bodies fight infection.



Mustard and sulphites\*

Nutritional information per portion (272g):

Energy 1600kJ 381kcal 19%	Fat 11g 16%	Saturates 2.5g 13%	Sugars 25g 28%	Salt 0.63g 10%
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of an adult's reference intake.  
Typical values per 100g: energy 588kJ/140kcal.

## Equipment

Vegetable peeler (optional)  
Chopping board x 2  
Small sharp knife x 2  
Small pan  
Colander  
Small bowl  
Measuring spoons  
Grater  
Juice squeezer  
Large frying pan  
Wooden spoon  
Slotted spoon  
Kitchen paper  
Serving dish

## Ingredients

### Serves 4

4 medium sweet potatoes  
3 x 15ml spoons honey  
2 x 5ml spoons Dijon mustard  
1 large orange  
1 red pepper  
4 chicken breasts  
1 x 15ml spoon vegetable oil  
2–3 spring onions (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tips

- At step 9, add 100g of sliced mangetout or French beans with the pepper to boost the vegetable content of this dish.
- Serve with a side salad or some green vegetables.

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## Method

1. Peel the sweet potatoes, or wash and scrub well and cut into small chunks approximately 2cm in size.
2. Place the chunks in a small pan, cover with water and bring to the boil.
3. Boil the sweet potatoes gently for 6–8 minutes until just cooked and soft when pierced with a knife, then drain into a colander.
4. Mix the honey and mustard in a small bowl.
5. Finely grate the zest from the orange and add to the honey and mustard.
6. Squeeze the juice from the orange and add gradually to the honey and mustard mixture, stir well.
7. Wash and dry the red pepper. Deseed and chop into small pieces.
8. Slice the chicken breasts, horizontally, into thick strips. Wash your hands after touching the raw chicken.
9. Heat the oil in the frying pan. When hot, add the pepper pieces and cook for 2–3 minutes. Remove from the pan with a slotted spoon and drain on kitchen paper.
10. Add the chicken to the hot oil and brown on both sides for 2–3 minutes. Once brown, remove from the pan with a slotted spoon and drain on kitchen paper.
11. Remove any excess oil from the frying pan and wipe clean with some kitchen paper. Take care as the pan will still be hot.
12. Add the honey, orange and mustard mixture to the pan and bring to the boil. Add the chicken and then reduce the heat to a simmer.
13. Cook the chicken for 5–6 minutes until cooked all the way through, stirring so the chicken is coated in the sauce.
14. Top, tail and wash the spring onions (if using) and slice thinly.
15. Add the spring onions (if using), pepper and sweet potato to the chicken and cook for a further 2 minutes until heated through.
16. Put the mixture into a serving dish or on individual plates and serve.

### Skills used include:

Washing, measuring, peeling, chopping, grating, squeezing, boiling/simmering and frying.

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## Top nutrition fact

- Sweet potato is a source of vitamin A, which is important for a healthy immune system and healthy skin. Leave the skin on the sweet potatoes to increase the fibre content of this dish, but make sure you scrub them well before cooking.

## Something to try next time

- This is a great way to use leftover cooked chicken. At step 12, add the chicken to the honey mixture and ensure the chicken is heated through thoroughly before serving.

## Prepare now, eat later

- The chicken can be cooked in advance and stored in the fridge for up to 24 hours. Reheat gently in a frying pan and make sure it is piping hot before serving.
- Any leftovers can be eaten cold as a salad the next day. Once cooled, store in a covered container in the fridge. Eat within one day and add a little more orange juice before serving.