

All About Mandarin Oranges...

Mandarin Orange Chicken

金鸡报喜

Serves: 4 pax



INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> • 360 g chicken breast, diced, skinless and boneless (~ 4 pieces) • ¼ cup all-purpose flour • 1 tbsp vegetable oil • 3 tbsp hoisin sauce • 80 ml orange juice • 1 canned mandarin orange, drained • ¼ cup cashew nuts, chopped • 1 tbsp spring onion, chopped 	Energy (kcal)	275
	Carbohydrate (g)	22
	Protein (g)	23
	Fat (g)	10
	<ul style="list-style-type: none"> • Saturated Fat (g) 	2
	<ul style="list-style-type: none"> • Polyunsaturated Fat (g) 	3
	<ul style="list-style-type: none"> • Monounsaturated Fat (g) 	5
	Cholesterol (mg)	53
	Dietary Fibre (g)	2
	Sodium (mg)	425
	Potassium (mg)	394
	Phosphate (mg)	285

Methods

1. Coat the chicken with all-purpose flour.
2. Pan-fry chicken with vegetable oil until cooked.
3. In a hot pan, stir in the hoisin sauce and orange juice.
4. Mix in the mandarin oranges, spring onion and cashew nuts.
5. Add in the fried chicken and continue cooking until all the ingredients are heated through.
6. Serve hot.

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