



## CHICKPEA, BROCCOLI AND ORANGE STIR-FRY

Makes

2

servings

Time

20

minutes

Level

Simple

Kcal

98

per portion

### You will need

For the sauce:

- 15g Jaffa orange, zested
- 80ml Jaffa orange juiced
- 55ml soy sauce
- 15g rice vinegar
- 1 large clove garlic, minced
- 10g grated fresh ginger
- 1g chilli flakes
- 15g maple syrup
- 10g cornflour

For the stir fry:

- 28g olive oil
- 1 medium red onion, sliced
- 1 large red pepper, sliced
- 250g broccoli florets
- 1 can chickpeas, drained and rinsed
- 100g raw cashews
- cooked brown rice or quinoa, for serving
- sesame seeds, for garnish

### Our step by step guide

Step 1

For The Sauce, in a small bowl, whisk together all the ingredients for the sauce. Set aside.

Step 2

For The Stir Fry, add the olive oil to a large non-stick wok and set over medium heat. When hot, add in the onion and cook for 2 to 3 minutes, until it starts to soften.

Step 3

Add in the pepper and broccoli and cook for 5 to 6 minutes, until the broccoli is tender but still a bit crisp.

Step 4

Add in the chickpeas and the sauce (give it a quick whisk first). Continue to cook for about 2 minutes, stirring frequently, until the sauce has thickened slightly. Remove from the heat and stir in the cashews.

Step 5

Serve the stir-fry over the rice or quinoa, topped with a sprinkle of sesame seeds for some extra crunch

Step 6

Enjoy!

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