



Orange Chicken with Flamed Lettuce Rice

NIBBLEDISH CONTRIBUTOR

Ingredients

- half a chicken chest
- an orange
- half an onion
- one garlic clove
- kamut flour
- 50 to 100 gr rice
- some lettuce (i used iceberg lettuce)
- white pepper
- a glass of red wine
- cream

Instructions

for the chicken:

Slice the half onion in little pieces and pour a quarter in a frying pan with some oil and fry for a couple of minutes. Cut the chicken into pieces and sprinkle them with flour, then put the pieces in the pan with the onion, add garlic, salt and white pepper to taste and let it go for a couple of minutes, then add the orange, juice and flesh, let the whole stuff go for 3-4 minutes then sprinkle with some other flour, to get a thick sauce in the pan, finally add cream and finish cooking.

For the rice:

Pour the remaining onion in a little pan with oil and fry for a couple of minutes, then add rice, let it fry with the onions for 3-4 minutes then add a glass of red wine and flame it, when the wine has dried add cream and lettuce in medium/big pieces. Add salt and white pepper to taste and finish cooking.

serve hot, enjoy!
a cold beer nicely goes with it!