



Orange and Pineapple Chicken with Veggie Soldiers

NIBBLEDISH CONTRIBUTOR

Ingredients

4 small chicken breasts
4 pineapple rings, sliced in half
3 oz orange juice concentrate
2 tbs butter, softened
1 tbsp grated ginger
1 tsp soy sauce
Small handful of sugar snaps
Small handful of baby corn

Steamed rice to serve

Instructions

- 1) Mix the orange juice, butter, soy sauce and ginger. Add the chicken and leave to marinade for at least 15 minutes.
- 2) Fry the chicken over a low heat in a large pan, for 4-5 minutes on each side until cooked through.
- 3) Push the chicken pieces to the side of the pan and tip in the baby corn and sugar snaps.
- 4) In the last minute or so, add the pineapple slices.
- 5) Sit the pineapple slices over the chicken breasts, lying your veggie soldiers neatly on top!