

ORANGE-GLAZED CHICKEN WITH TAHINI DRESSED GREENS



LifeShape Clinic

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INGREDIENTS (SERVES 4)

1/2 cup orange juice
1/3 cup extra virgin olive oil
1 teaspoon orange zest
1 teaspoon paprika
1 teaspoon ground mustard
1 teaspoon salt
400g skinless, chicken breasts, halved
400g green beans
2 cups snow peas
1 1/2 tablespoons tahini
1/2 cup warm water

METHOD

1. Preheat oven to 175°C. In a small bowl combine juice, oil, zest, paprika, mustard, and salt.
2. In a non-stick baking dish, place chicken, then coat in orange mixture. Bake for 45 minutes, and baste every 15 minutes.
3. Meanwhile, steam beans and snow peas until vibrant (should still retain some crunch). Set aside. In a small bowl, combine tahini with warm water. Once well mixed, pour over greens. Add a pinch of salt and a squeeze of orange for extra flavour.
4. Serve greens with roasted chicken.

Nutrition Guide

PER SERVE

Energy (cal)	380cal
Protein	27.8g
Fat	25.8g
Saturated Fat	4g
Carbohydrate	7.3g
Sugar	5.6g
Sodium	625mg
Fibre	7.5g

1200

RECIPE VARIATION

Lunch Requirement: 270 - 300 cal

Meets Requirements: No

Recommendations: Reduce tahini to 1 tbsp and oil to 2 tbsp

Total Meal Calories: 295 cal

1500

Lunch requirement: 370 - 400 cal

Meets requirements: Yes

Total meal calories: 380 cal

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