



ROYAL
VOLUNTARY
SERVICE

STICKY MARMALADE CHICKEN AND CRISPY FRIED RICE

by Alison Crouch

Ingredients

For the chicken

- 2 tbsp Fine Cut Seville Orange Marmalade
- 1 tbsp soy sauce
- 1 tbsp Dijon Mustard
- 4 Chicken thighs
- 2 florets of sprouting Broccoli, trimmed, cut into long florets, thicker stems halved
- 1 carrot
- 1 tbsp olive oil
- Handful of parsley

For the crispy rice

- 300g cooked cold rice
- 50g butter
- 1 tbsp oil
- A little salt



For the onions

- 2 red onions, sliced
- 2 tbsp oil
- 1 tbsp vinegar
- 1 tbsp brown sugar
- 2 bacon rashers, chopped

Method

1. Preheat the oven to 190°C, gas mark 5. In a large mixing bowl, combine the marmalade, soy sauce and mustard. Add the chicken and coat in the marinade. Leave for 30minutes. Arrange the chicken in a large roasting dish, pour over the excess marinade, then add 3 tbsp water to the base of the dish. Roast for 15 minutes, basting the chicken in the juices halfway.
2. Stir the sliced vegetables into the tray with the chicken and roast for a final 20 minutes, until the chicken is cooked through, the juices run clear and there is no pink meat and the vegetables are soft. Stir in half the parsley.



- 3. Fry the red onions with the bacon for 25 minutes in a little oil. Stir in the vinegar and brown sugar. Cook for a further 20 minutes until soft, do not caramelise. Add a little water if it becomes dry.**
- 4. For the rice: line a frying pan with greaseproof paper. Melt 25g butter on the paper with the oil. Add the rice and stir in the remaining butter. Place a cartouche over the top and cook through until golden and crispy underneath. To look at how the rice is cooking gently lift the paper to peep underneath. It will take about 10 to 15 minutes.**
- 5. Serve the crispy rice topped with the marmalade chicken and onions. Garnish with the remaining parsley.**



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