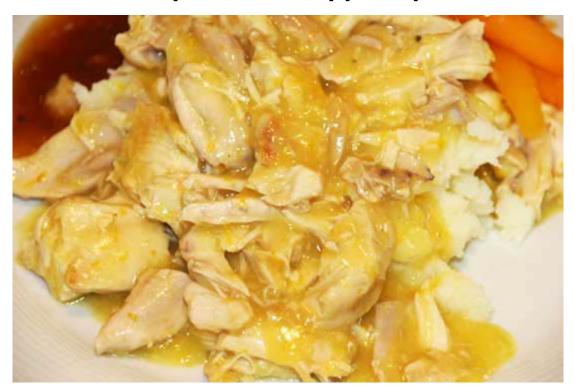
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Serves 2 Prep 10 mins Cooking 15 mins Easy

Ingredients

20g butter
20g flour
2 tsp sugar or honey
a pinch of salt
1 tsp lemon zest
1 tsp orange zest
juice of 1½ orange
juice of 1/2 lemon
150 ml stock
300g - 400g leftover roast chicken

- 1. Melt the butter and add the flour and mix well until smooth. Add the sugar, salt and zest (orange and lemon). Keep stirring and add the juices and the stock.
- 2. Warm on a low heat. When the sauce begins to thicken, add the pieces of chicken and keep on a low heat for 15 mins. Be careful it doesn't catch! If the sauce becomes too thick, add the juice of the other half of the second orange.
- 3. Serve with mashed potatoes and carrots