

Making it delicious

Orange Chicken



Ingredients

- 2 boneless chicken breasts
- 2 Tablespoons olive oil

Orange Sauce:

- 3 garlic cloves, minced
- ½ cup orange juice
- ¼ cup honey
- ¼ cup soy sauce
- ¼ cup rice vinegar (or white vinegar)
- 3 Tbsp. cornstarch
- ½ teaspoon ground ginger
- ½ teaspoon white pepper
- Zest of 1 orange
- A pinch of red pepper flakes

Garnishes:

Sliced green onions, sesame seeds, orange zest



Recipe adapted from www.gimmesomeoven.com

Instructions

- Whisk all the Orange Sauce ingredients together until combined.
- Cut the chicken into bite-sized pieces, or strips, and season with salt and pepper.
- Heat the oil in a large sauté pan over medium-high heat. Add the chicken and sauté for 4-6 minutes, stirring occasionally, until the chicken is browned and no longer pink on the outside.
- Pour the orange chicken sauce into the pan with the chicken, and stir to combine.
- Bring the sauce to a low boil; cook for a few minutes until the sauce thickens and the chicken has an internal temperature of 165 F.
- Serve with rice and vegetables.
- Garnish with green onions, sesame seeds and additional orange zest, if desired.