

Orange Chicken

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Serves 6-8



Our light take on the popular restaurant entrée is bursting with flavor. Pan fried chicken is paired with freshly squeezed orange juice, ginger, garlic, green onions, and a small amount of brown sugar to create a more savory version of this popular dish. Serve with brown rice and steamed broccoli to make a complete meal.

Ingredients

- 2 lb. of chicken cubed
- 2 navel oranges
- 2 tbsp. rice vinegar
- 2 tbsp. soy sauce
- 2 tbsp. lime/lemon juice
- 1/3 cup brown sugar
- 1 tsp. minced garlic
- 1/2 tsp. minced ginger
- 1/2 cup water
- 1-1 1/2 tbsp. corn starch
- 1 green onion stalk

Note: You can substitute 1/2 cup orange juice for the fresh oranges if preferred.



Directions

1. Prepare the ingredients

- Juice the oranges into a small bowl.
- Mince garlic and ginger if using fresh.
- Slice the green onion into small rounds.

2. Cook chicken

- Heat a small amount of cooking oil in a large skillet.
- Add cubed chicken and cook until no longer pink. Set aside.

3. Make sauce

- In a skillet, combine the fresh orange juice, rice vinegar, soy sauce, lime/lemon juice, brown sugar, garlic and ginger.
- Cook on medium-high heat, stirring until slightly thickened and bubbly.

4. Thicken sauce and combine

- In a small bowl, combine the corn starch and water, whisking with a fork.
- Add cornstarch mixture into the sauce skillet and continue to cook, stirring constantly until the sauce is thick and well combined.

5. Turn off heat

- Toss the cooked chicken with the sauce in the skillet and serve.





Tasks for Helping Hands:

- Measuring ingredients
- Slicing green onions
- Stirring the sauce

Authors

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