



Orange Chicken

Ingredients

- 2 lb boneless skinless chicken breasts, cubed
- 1/3 cup orange juice
- 3 TBSP soy sauce
- 2 TBSP brown sugar
- 1 TBSP rice vinegar
- 2 cloves garlic
- 1/2 tsp chili paste
- 1/4 cup cold water
- 1 TBSP cornstarch

Directions:

1. Preheat oven to 375 F
2. Place chicken cubes in a large bowl; Season lightly with salt and olive oil; Place on a baking sheet lined with parchment paper; Bake until cooked through, about 20 min
3. Prepare orange sauce: Add water and cornstarch to a small bowl; Combine orange juice, soy sauce, chili paste, brown sugar, garlic, and vinegar in another bowl and whisk together
4. Add orange sauce to saucepan over medium heat; Add cornstarch and water mixture; Simmer until thickened, 3-5 minutes; Remove from heat
5. Pour over cooked chicken and toss until coated; Serve over white rice; Garnish with sesame seeds and green onion (optional)

Cost: 

Ease: 

Health Benefit: Chicken breast is a great source of lean protein and helps keep you fuller for longer. Orange contains vitamin C which boosts immunity.

Equipment

Saucepan
Large bowl
Small bowl

Fare  Meals
by Arielle