## **Orange Chicken**



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Recipe	hv:	Laura	Vital	e

Serves 4 to 6

Prep Time: 15 minutes Cook Time: 20 minutes

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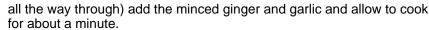
- \_\_1-1/4 lb of Boneless Skinless Chicken thighs, cut into bite size pieces \_\_1 Egg White
- \_\_2 Tbsp of Cornstarch \_\_Salt and Pepper, to taste
- \_\_Vegetable Oil
- \_\_\_\_

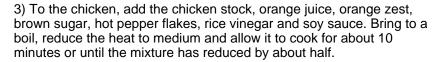
## For the sauce:

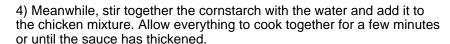
- \_\_1 cup of Chicken Stock
- \_\_1/4 cup of Freshly Squeezed Orange Juice (from about 1 large orange)
- \_\_Zest of One Large Orange
- \_\_3 Tbsp of Brown Sugar
- \_\_2 Tbsp of Low Sodium Soy Sauce (I used kikkoman brand)
- \_\_1 Tbsp of Fresh Ginger, minced
- \_\_2 Cloves of Garlic, minced
- 1/4 cup of Green Onions, chopped
- 1 Tbsp of Water
- 1 Tbsp of Cornstarch
- \_\_\_1 Tbsp of Rice Vinegar (I used kikkoman as well)
- \_\_1 Tbsp of Vegetable Oil
- Pinch of Hot Pepper Flakes

- 1) Add the chicken to a large bowl and season with salt and pepper to taste, add the egg
- white and cornstarch and toss together, let it sit for 10 minutes.
- 2) Add the oil in a large non stick skillet and preheat it over high heat, add the chicken and

cook it for about 3 to 4 minutes or until it's nicely browned (don't worry if it's not cooked







5) Sprinkle in the green onions and enjoy it over steamed rice.

