

ORANGE CHICKEN

Equipment

None

Ingredients

1	lb	chicken breast
2	large	eggs, beaten
1	cup	cornstarch
2	tbsp	soy sauce (reduced sodium)
3	tbsp	apple cider vinegar
2	tsp	brown sugar
1	tsp	cornstarch
2	tsp	sesame seeds
1/2	tsp	garlic powder
1/8	tsp	ginger powder
2	tbsp	orange juice
2	tbsp	water
1/8	tsp	black pepper, ground
1/4	tsp	orange zest
1/4	tsp	siracha (optional)



Directions

1. Gather all ingredients and equipment. Preheat oven to 425 degrees.
2. Cut chicken into bite sized pieces (about 3/4 of an inch by 3/4 of an inch thick).
3. Set up dredging station, one bowl of cornstarch (1 cup), one bowl of eggs (2).
4. Dredge the chicken in cornstarch, egg and then cornstarch again.
5. Place chicken on a parchment lined sheet pan and place in oven. Bake for 5-8 minutes, depending on size, or until internal temperature of chicken reaches 165 degrees.
6. While chicken is cooking, whisk together remaining ingredients in a small pot. Bring to a boil and let simmer for 5-10 minutes or until the mixture has thickened.
7. Once chicken is cooked, toss in sauce and server immediately.

1. Gather all ingredients and equipment. Preheat oven to 425° F (218°C). 2. Cut chicken into bite sized pieces (about 3/4 of an inch by 3/4 of an inch thick). U.S. 1 lb 2 Tbsp 3 Tbsp 2 tsp Sesame Seeds 3 g 45 mL 10 g 5 g 2 tsp Apple Cider Vinegar Brown Sugar 1 tsp Cornstarch 3. Set up dredging station, one bowl of cornstarch (1 cup), one bowl of egg (2 each). 1/8 tsp Ginger Powder 0.375 g 2 Tbsp Orange Juice 30 g 2 Tbsp 1/2 tsp Garlic Powder 1.5 g Water 4. Dredge the chicken in cornstarch, egg, and then back into cornstarch. 5. Place chicken on a parchment lined sheet pan and place in oven. Bake for 5-8 minutes (depending on size) or until internal temperature of chicken reached 165° F (74°C). 6. While chicken is cooking, whisk together remaining ingredients in a small pot. Bring to a boil and let simmer for 5-10 minutes or until the mixture has thickened. 7. Once chicken is cooked, toss in sauce and serve immediately.

- Preheat oven to 400 degrees and grease a baking sheet or large casserole dish.
- Melt butter in a large skillet over a medium-high heat. Add chicken and cook 2-3

minutes on each side, just until browned. Transfer chicken to prepared baking sheet.

- In a small bowl, whisk together chicken broth, lemon juice, honey, garlic, Italian seasoning, and salt and pepper.
- Pour sauce over chicken. Bake 20-30 minutes (closer to 20 for smaller chicken breasts, closer to 30 for larger) until chicken is cooked thoroughly. Every 5-10 minutes spoon the sauce from the pan over the chicken.
- Garnish with fresh rosemary and lemon slices if desired and serve.