

Foodnity Recipes

Double Crunch Orange Chicken

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken & Coating

- [ ] 1.5 lb chicken thighs, cut into bite-size pieces
- [ ] 1 cup all-purpose flour
- [ ] 2 large eggs, beaten
- [ ] 1/2 cup cornstarch
- [ ] 1 cup panko breadcrumbs
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper

Orange Glaze

- [ ] 1/2 cup fresh orange juice
- [ ] 2 tbsp orange zest
- [ ] 3 tbsp honey
- [ ] 2 tbsp soy sauce (low sodium)
- [ ] 1 tsp grated ginger
- [ ] 1 clove garlic, minced
- [ ] 1 tsp cornstarch mixed with 2 tsp water

Garnish

- [ ] 2 green onions, sliced
- [ ] 1 tbsp toasted sesame seeds

Instructions

1. Pat the chicken pieces dry, then season with salt and pepper. Dredge each piece in flour, dip in egg wash, coat with cornstarch, and finally roll in panko for a double layer.
2. Heat oil in a deep skillet to 350°F. Fry the coated chicken in batches, turning once, until golden and crisp, about 3-4 minutes per side. Transfer to a wire rack to keep the crust airy.
3. In a saucepan, combine orange juice, zest, honey, soy sauce, ginger, and garlic. Bring to a gentle boil, then whisk in the cornstarch slurry. Cook until the glaze thickens and becomes glossy.
4. Add the fried chicken to the glaze, tossing quickly to coat each piece without soaking the crust. Cook for an additional 2 minutes for the glaze to meld.
5. Remove from heat, sprinkle with sliced green onions and toasted sesame seeds. Serve immediately over rice or noodles.

Nutrition per serving

420 kcal	28 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze thickens too quickly, add a splash of water to loosen it.
- For extra aroma, add a pinch of orange blossom water during the glaze stage.
- Feel free to substitute turkey thigh meat for a leaner option.