

Foodnity Recipes

Easy Orange Chicken Recipe For Lunch

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Chinese-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb boneless, skinless chicken breast, cut into 1-inch pieces
- [ ] 1/2 cup cornstarch
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1/2 cup fresh orange juice
- [ ] 1 tbsp orange zest
- [ ] 2 tbsp soy sauce
- [ ] 2 tbsp honey
- [ ] 1 tbsp rice vinegar
- [ ] 1/2 tsp red pepper flakes (optional)
- [ ] Salt and pepper to taste
- [ ] Sesame seeds and green onions for garnish

Instructions

1. Cut the chicken into 1-inch pieces and pat dry with a paper towel. Season lightly with salt and pepper. Place the cornstarch in a shallow bowl and coat the chicken pieces evenly.
2. Heat the olive oil in a large skillet over medium-high heat. Add the chicken in batches, cooking for 3-4 minutes per side until golden and crispy. Remove and set aside.
3. In the same skillet, add the minced garlic and grated ginger. Sauté for 30 seconds until fragrant. Pour in the orange juice, orange zest, soy sauce, honey, and rice vinegar. Stir well and bring to a simmer.
4. Let the sauce simmer for 2-3 minutes until it thickens slightly. Return the chicken to the skillet and toss to coat evenly in the sauce. Cook for another 1-2 minutes until everything is heated through.
5. Garnish with sesame seeds and sliced green onions. Serve immediately over steamed rice or noodles.

Nutrition per serving

320 kcal	28 g	30 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crispiness, you can double-fry the chicken by cooking it once, removing it, and then frying it again briefly before adding the sauce.
- If you prefer a spicier dish, increase the red pepper flakes or add a dash of sriracha to the sauce.
- This recipe works well with chicken thighs if you prefer darker meat.