

Foodnity Recipes

Sweet and Spicy Orange Chicken

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

Ingredients

Main Ingredients

- [ ] 1.5 lbs chicken thighs, boneless and skinless, cut into bite-size pieces
- [ ] 2 tbsp corn starch
- [ ] 1 tbsp vegetable oil
- [ ] 3 garlic cloves, minced
- [ ] 1 tsp freshly grated ginger

Orange Glaze

- [ ] 1/2 cup fresh orange juice
- [ ] 2 tbsp honey
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp orange zest
- [ ] 1/2 tsp red pepper flakes
- [ ] 1 tsp sesame oil

Finishing

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

Instructions

1. Pat the chicken pieces dry, then toss them with corn starch until lightly coated.
2. Heat the oil in a large skillet over medium-high heat. Add the chicken in a single layer – oh yeah, do it in batches if the pan feels crowded – and sear until golden brown, about 3-4 minutes per side.
3. Remove the chicken and set aside. In the same skillet, add garlic and ginger; sauté for 30 seconds until fragrant – oops, watch it don’t burn.
4. Pour in orange juice, honey, soy sauce, rice vinegar, and orange zest. Stir and bring to a gentle boil, letting the sauce thicken, about 4-5 minutes.
5. Return the chicken to the pan, sprinkle red pepper flakes, and toss everything together until the pieces are glossy and fully coated.
6. Finish with a drizzle of sesame oil, garnish with sliced green onions and toasted sesame seeds, then serve immediately.

Nutrition per serving

420 kcal	32 g	36 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the glaze thickens too quickly, add a splash of water to loosen it.
- For extra crunch, sprinkle a handful of toasted almond slivers just before serving.
- You can swap honey with maple syrup for a different sweet note.