

Orange Chicken and Broccoli

By Jessica Long

(Adapted from Daniel Ofsthun)



Serves 2-3

Ingredients:

- 3 chicken breasts (or about 6 tenderloins)
- 1/3 cup sugar
- 1/3 cup rice wine vinegar
 - (you can also do half rice wine vinegar & half ACV)*
- 2 tbsp orange juice concentration
- 1 tsp salt
- 1 tbsp soy sauce or soy sauce alternative
- 1/4 cup cornstarch
- 2 tsp orange zest
- 1/2 to 1 tbsp ginger powder, depending on preference
 - (we usually put 1 tbsp)*
- 1 1/2 tbsp minced garlic
- 1 1/2 cups oil for frying
- Srirachi *(optional, if adding, add when mixture is thickening or drizzle on top of finished chicken)*

1. Cut chicken into bite-sized squares and let dry on paper towels in refrigerator (30 minutes).
2. Add orange zest, ginger and minced garlic to small bowl & set aside.
3. In a small bowl, mix together the sugar, rice vinegar, orange juice concentrate, salt and soy sauce. Set aside.
4. Cut broccoli & place in boiling water to blanch
5. Heat oil in a pan or wok over medium-high heat. Toss dried chicken in cornstarch to coat. Fry in the hot in small batches until crispy and golden brown; set

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aside. Drain all of the oil from the pan except about 1 tablespoon.

6. Add orange zest mixture to pan and cook briefly until fragrant.
7. Add the soy sauce mixture to pan, bring to a boil, and cook until thick and syrupy, about 5 minutes.
8. Add chicken, and heat through, stirring to coat.
9. Serve immediately over steamed rice, and garnish with broccoli.
10. ENJOY! 😊

NOTES: