

# Healthy Orange Chicken

Recipe and photo by: Seonkyoung Longest from  
SeonkyoungLongest.com

## **Ingredients** For The Chicken

- 2 boneless,skinless chicken breast (Approximately 1 lb.)
- 2 tsp. Soy sauce•
- 2 tsp. Shaoxing wine (Chinese cooking wine)\*
- 2 tsp. Cornstarch
- ½ tsp. Baking soda
- ¼ tsp. Black pepperFor the Orange Chicken Sauce
- 1 Tbs. Hoisin sauce
- 1 Tbs. Sambal (Chili garlic sauce)
- 1 Tbs. Sugar
- 2 tsp. Soy sauce
- Fresh juice form 1 orange

## **For Stir Fry**

- 2 Garlic cloves•Fresh ginger, same amount with garlic
- 2 Green onions
- 3 Tbs. High smoke point cooking oil (Such as peanut, canola, vegetable, sunflower or avocado oil)

## **Toasted sesame seeds**

## **Instructions**

1.Slice chicken into ¼ inch thin. In a mixing bowl, add sliced chicken and rest of ingredients for chicken. Mix well with your hand, until chicken is coated evenly with sauce. Set aside.

2. While chicken is marinate, let's make sauce and prepare vegetables. In another mixing bowl, combine all ingredients for sauce. Whisk until sugar has dissolved, set aside.

3. Roughly chop garlic, julienne ginger and chop green onion, set aside.

4. Heat a wok over high heat; add cooking oil and swirl to coat. Add chopped garlic and ginger, stir fry until you can smell the fragrance, about 30 seconds.

5. Add marinated chicken into wok, combine with garlic and ginger. Spread chicken evenly bottom of work, and cook until it's golden brown and crispy, about a couple minutes. Turn it over, and cook other side for a couple minutes or until chicken is cooked  $\frac{3}{4}$  way.

6. Add sauce we made earlier; stir fry until sauce has thicken, chicken is fully cooked and coated with sauce evenly, about a couple minutes. Stir frequently.

7. Remove from heat, add chopped green onion, stir until combined.

8. Transfer to a serving plate, garnish with more chopped green onion and sesame seeds.

Notes Note: You can substitute Shaoxing wine to dry cherry, sake (rice wine). If you'd like to cooking without alcohol, you can skip i