

Orange Ginger Chicken

Ingredients:

1/4 cup soy sauce (Be sure to use La Choy if you are GF)
2 tablespoon honey
3 tablespoons sesame oil
2 tablespoons minced ginger
2 cloves minced garlic
1 teaspoon onion powder
2 teaspoons ground ginger
1 1/2 tablespoons orange marmalade
2 chicken breasts
2 teaspoons sesame oil
Generous handful of snow peas
1/4 cup bell peppers, chopped
1/2 broccoli florets
1 cup brown rice, cooked

Prep Time: 10 minutes

Cook Time: 10 minutes

Yields: 3 servings

Method:

1. Place first 8 ingredients in food processor. Blend until well mixed. Pour marinade over chicken. Let sit 4-8 hours.
2. Remove chicken breasts and cut into long thin pieces. Return to marinade. Over medium high heat, warm remaining sesame oil in a wok or frying pan. Add chicken and remaining marinade. Sear meat until cooked. About 4-6 minutes.
3. Add vegetables. Stir fry for about a minute. Then, place a lid on pan and turn heat to medium low. Let veggies steam until soft, about 2-3 minutes.
4. Pile stir fry onto rice with a bit of the sauce and bam! Dinner is done.
5. Kick off your heels and curl up on the couch with a warm bowl of orange ginger chicken.



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