

Recipe for ORANGE CHICKEN STIR FRY

FROM THE KITCHEN OF
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SERVES

4

TOTAL TIME

25 MINUTES

INGREDIENTS

1 LB BONELESS, SKINLESS
CHICKEN BREAST, CUT
INTO 1-INCH PIECES

PINCH OF RED PEPPER
FLAKES

SALT AND PEPPER

1 BAG FROZEN STIR FRY
VEGETABLES, THAWED

1/3 CUP SOY SAUCE

1/2 CUP HONEY

1/2 CUP ORANGE JUICE

1/2 TEASPOON GROUND
GINGER

ZEST OF 1 ORANGE

1/4 TEASPOON GARLIC
POWDER

1/4 CUP RICE VINEGAR

3 TABLESPOONS
CORNSTARCH

DIRECTIONS

1. THAW VEGETABLES IN COLANDER UNDER RUNNING WATER.

2. HEAT 1 TBSP. CANOLA OIL IN LARGE SKILLET OVER MEDIUM-HIGH HEAT.

3. SAUTE CHICKEN PIECES SEASONED WITH SALT AND PEPPER (TO TASTE). ADD VEGETABLES WHEN CHICKEN IS ALMOST DONE TO HEAT THEM UP.

4. MIX REMAINDER OF INGREDIENTS WITH A WHISK IN A LARGE BOWL UNTIL COMBINED.

5. WHEN CHICKEN IS BROWN AND NO LONGER PINK INSIDE, ADD MIXTURE FROM LARGE BOWL TO PAN WITH CHICKEN.

6. STIR TO COMBINE; BOIL FOR 1-2 MINUTES OR UNTIL SAUCE IS THICKENED.

7. SERVE WITH RICE.