

# Orange Chicken

## WITH RICE & STIR FRY VEGGIES

### Ingredients

- 2 TBS olive oil
- 2 lbs ground chicken
- 2 cloves minced garlic

#### For the sauce

- 3 TBS coconut aminos or low sodium soy sauce
- 3/4 cup orange juice (*I juiced oranges- you can use store bought juice just make sure to check the added sugar content!*)
- 1/2 cup coconut sugar
- Zest of 1 orange
- 1 tablespoon sesame oil
- 2 TBS ginger root, minced (*I buy the frozen cubes, much easier!*)
- 4 green onions, chopped (*you'll use the entire thing*)
- 2 tablespoons rice wine vinegar (*can sub white vinegar*)
- 1/2 cup chicken broth
- 2 tablespoons cornstarch

#### Sides

- Jasmine Rice (*I buy the microwavable packets*)
- Frozen bag of stir fry veggies
- 2 TBS coconut aminos or soy sauce
- 1 tsp garlic powder

### Directions

1. Heat 2 TBS of olive oil over medium heat. Add ground chicken and garlic to the skillet and start cooking.
2. Add frozen stir fry veggies to the air fryer and season with soy sauce and garlic powder. cook on 400 degrees for 15- 20 minutes (If you don't have an air fryer you can cook on the skillet or in the oven)
3. In a small bowl, combine the soy sauce, orange juice, coconut sugar and orange zest
4. Add ginger, and green onions to the skillet with the chicken and cook for 2-3 minutes.
5. Now, add the rice wine and the soy sauce mixture to the skillet. Mix well and cook over medium heat for 2-3 minutes.
6. In a small bowl, stir together the broth and cornstarch, then add it to the wok and stir until sauce has thickened.
7. Heat rice according to package instructions.
8. Enjoy!

MADE WITH LOVE

by Teresa Forehand