



Original Orange Chicken Recipe

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Course Dinner

Prep Time 10 minutes

Cook Time 13 minutes

Total Time 23 minutes

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Ingredients

- 1 1/2 lbs boneless skinless, chicken breasts
- 2 tablespoon vegetable oil for frying
- Sesame seeds & sliced green onions for garnish if desired

Marinade:

- 1/4 cup soy sauce
- 1/4 cup cornstarch
- 2 tablespoon water

Orange Sauce:

- 1 tablespoon vegetable oil
- 3/4 cup pulp free orange juice concentrate thawed (or for a lighter orange flavor use prepared orange juice)
- 3 tablespoon barbecue sauce I used Sweet Baby Rays

Instructions

1. Start by cutting 1 1/2 pounds of chicken breasts into chunks (about 1 – 1 1/2 cubes). Mix together soy sauce, cornstarch, and water. Add the chicken and stir to coat. Allow the chicken to marinate for 5 minutes.
2. While it is marinating, prepare the orange sauce so that it is ready when you need it later. Mix together oil, pulp-free orange juice concentrate (or use prepared orange juice for lighter flavor) and barbecue sauce.
3. Heat 2 tablespoons of oil in a large skillet. Remove the chicken from the marinade with a slotted spoon and carefully add it to the skillet. Stir-fry the chicken, over medium-high heat, for 5-7 minutes until golden and cooked through.
4. Add the orange sauce to the chicken and cook for 4-6 minutes, stirring constantly until the sauce has thickened.
5. Top with sesame seeds and sliced green onions, if desired. Serve over rice or noodles.