

Chicken Stir Fry w/Orange Sauce

1/8 CUP OLIVE OIL
2 TBSP. SESAME OIL
FRESH VEGETABLES (PREPPED)
1/2 TSP GROUND GINGER
1 TBSP. FRIED RICE SEASONING (BADIA)

Heat wok, add olive oil and sesame oil. Add vegetables, ginger, seasoning and cook until tender. Transfer vegetables to a large bowl. Leave juice in wok and keep it boiling

Orange Sauce:

ORANGE ZEST
ORANGE (PEELED, CHOPPED)
2 TBSP. HONEY OR SUGAR
1/8 CUP SOY SAUCE

Add chopped orange to juice in wok. Add soy and smash oranges to release some juice. Add zest

1 HEAPING TBSP. CORNSTARCH
1 CUP WATER (COLD)

Mix cornstarch with water and add to sauce. Cook until it turns clear and thickens. Salt and add honey. Stir and pour over vegetables.

Chicken:

2 BONELESS CHICKEN BREASTS
(CUT VERY THIN) FOR STIR FRY.

Clean wok –preheat. Add olive oil and sesame oil. Add chicken and sprinkle with fried rice seasoning. Cook until no longer pink. Serve with vegetables and white rice.