

Chicken Stir Fry w/Orange Sauce

1/8 CUP OLIVE OIL

2 TBSP. SESAME OIL

FRESH VEGETABLES PREPPED FOR STIR FRY ANY YOU CHOOSE:

CELERY, CABBAGE, CARROTS, ONION, GREEN ONION, MUSHROOM, SUMMER SQUASH,

ZUCCHINI, WATER CHESTNUTS, BROCCOLI

FRESH OR 1/2TSP GROUND GINGER

1 TBSP. FRIED RICE SEASONING (BY BADIA)

Heat the wok and add the olive oil and sesame oil. Then add vegetables, ground ginger, fried rice seasoning and cook until tender, transfer to a large bowl. Leave juice in wok and keep it boiling

Orange Sauce:

ORANGE ZEST & ORANGE PEELED AND CHOPPED

2 TBSP. HONEY OR SUGAR & 1/8 CUP SOY SAUCE

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

MIX 1 HEAPING TBSP. CORNSTARCH WITH 1 CUP WATER

add to sauce and cook until it turns clear and thickens. Salt it and add some honey -stir and pour over vegetables.

CHICKEN: 2 BONELESS CHICKEN BREASTS CUT VERY THIN FOR STIR FRY.

clean wok – HEAT then add 1/8 cup olive oil and 2 tbsp sesame oil. Add chicken and sprinkle with fried rice seasoning. Cook until no longer pink serve with vegetables and white rice.