

# SESAME-ORANGE CHICKEN

LOTS OF FRESH SESAME, FRESH GINGER AND CITRUS



FOOD COMES CLEAN · HEALTHY & DELICIOUS

SERVES: 4

## INGREDIENTS

- 1.5 lbs boneless, skinless chicken breast
- 4 Tbls soy sauce
- 1/4 cup of all-purpose flour
- 1 inch fresh ginger, grated
- 2 garlic cloves, grated
- Zest and juice of 1/2 orange
- 2 Tbls of hoisin sauce
- 2 Tbls of rice vinegar
- 1 -2 Tsp of red pepper flakes
- 1 Tbls of toasted sesame oil
- 2 Tbls of olive oil
- 2 green onions, chopped
- White or brown rice
- 2 Tbls of toasted sesame seeds

## STEPS

1. In medium bowl, combine chicken, 2 tbls of soy sauce, and flour. Toss, evenly coat.
2. In small bowl, whisk 2 tbls soy sauce, garlic, orange zest, orange juice, hoisin sauce, vinegar, red pepper flakes, and toasted sesame oil
3. Heat olive oil in large skillet over medium high heat, add chicken and stir until brown, about 8 min. Pour sauce and bring to boil, reduce heat to medium low and simmer, stirring until thickens - 8-10 min. Remove stir in green onions
4. Serve chicken over rice and top with more green onions

## ALISHA'S TIPS

- You can make this with frozen shrimp
- For vegetarian option, head of cauliflower works equally well