

Cook Along



ORANGE CHICKEN

ingredients

For the Chicken

- 500g chicken breast, diced
- 1 tsp sesame oil
- 2 tsp light soy sauce
- 1/2 tsp garlic granules
- 1 heaped tbsp cornflour
- low calorie cooking spray

For the Sauce

- 1 tsp finely grated orange zest
- juice of 2 oranges
- 150ml water
- 3 tbsp light soy sauce
- 1 tbsp rice vinegar
- 2cm ginger, peeled and grated
- 2 garlic cloves, peeled and crushed
- 2 tbsp runny honey
- 4 tsp cornflour mixed with 4 tsp water
- 1 tsp granulated sweetener (optional)
- rice to serve

method

1. Place the chicken in the bowl and pour over the sesame oil and soy sauce. Sprinkle over the garlic granules and mix evenly. Place in fridge for 10 minutes to allow flavours to mingle (you can prepare your sauce ingredients in meantime)
2. Place the cornflour on the plate, add the chicken and toss around. Spray the airfryer with low calorie spray, add the chicken making sure the chicken is not overlapping. Airfry or place in oven at 200C for 10-12 minutes, the chicken should become golden and crisp.
3. While the chicken cooks, Place the orange zest, orange juice, water, soy sauce, rice vinegar, garlic, ginger and honey in a small saucepan. Place the hob over a high heat and bring to a boil. Reduce the heat to a simmer and cook for 2 minutes.
4. Stir in the cornflour slurry and allow to bubble away for 2-3 minutes until the sauce is glossy and thick enough to coat. Taste and add granulated sweetener (optional)
5. Serve the chicken with the sauce drizzled over the top, garnished with sesame seeds along with rice

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