

RECIPE

GINGER ORANGE CHICKEN STIR FRY

4 servings

Ingredients

2 cups	Brown Rice raw (or purchase 4 cups cooked)
4½ cups	Water
12 oz	Chicken Breast
2 Tbsp	Ginger, minced
1 clove	Garlic, minced
1 Tbsp	Canola Oil
1 ea	Medium Red Onion, diced
1 ea	Large Red Bell Pepper, cubed
8 cups	Bok Choy, chopped
1 ea	Red Jalapeño, seeded, minced
3 ea	Green Onions, minced
1 ea	Orange (zest and juice)

Sauce:

2 Tbsp	Low Sodium Soy Sauce
1 Tbsp	Brown Sugar
1 tsp	Cornstarch
2 Tbsp	Sesame seeds, toasted
¼ tsp	Salt
¼ tsp	Black Pepper, freshly ground

Directions

Preparation time = 20 minutes

Cook time = 45 minutes

Step 1: Prep Vegetables and Make the Brown Rice

1. Rinse all uncut produce in fresh water.
2. Slice the red onion, bell pepper and bok choy.
3. Slice the jalapeno in half length wise and remove the seeds with the edge of your knife. Slice very thinly.
4. Slice the green onion thinly on the bias.
5. Cut chicken into 1 inch cubes and set aside.
6. To make the sauce, zest orange in a small bowl. Cut orange in half and juice through a strainer in the same bowl as zest. Add soy sauce, cornstarch and brown sugar to orange juice. Set aside.
7. If making the brown rice, bring 4 ½ cups of water to a boil, stir in rice. Reduce heat to low and cover for 30 to 40 minutes. Start your stir fry once rice is tender.

Step 2: Prep the Vegetables & Chicken

1. Heat a large non-stick pan over high heat. Add 1 Tablespoon of oil and swirl to coat the bottom of the pan. Add red onion and bell pepper. Stir fry for 2 minutes to lightly sear and brown. Move the vegetables to the side of the pan and add chicken. Let the chicken sit for a minute to sear before stirring. Cook for a few minutes then add in ginger and garlic.
2. Add bok choy and jalapeno (if using) and saute stirring often for 3-5 minutes.
3. Add soy sauce-cornstarch mixture. Stir fry until thickened, about 1 minute. Remove from heat.
4. Season with salt and pepper.

Step 3: Complete the Meal

1. Divide the rice into 4 bowls.
2. Top with orange chicken mixture.
3. Garnish with sesame seeds and green onions.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
594	11g	2g	92g	32g	9g	629mg