

Plate Dream

Orange Chicken – Crispy Tangy Sauce

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Chinese** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken thighs, cut into bite-size pieces
- [ ] ½ cup cornstarch
- [ ] ¼ cup all-purpose flour
- [ ] 2 tbsp vegetable oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] ½ cup fresh orange juice
- [ ] 2 tbsp orange zest
- [ ] 2 tbsp honey
- [ ] 1 tbsp rice vinegar
- [ ] 1 tbsp soy sauce
- [ ] ¼ cup water

Garnish

- [ ] 2 green onions, sliced
- [ ] 1 tsp toasted sesame seeds

Instructions

1. Pat the chicken dry, then toss with cornstarch and flour until lightly coated.
2. Heat oil in a large skillet over medium-high; add chicken in a single layer and sear until golden, about 4-5 minutes.
3. Remove chicken and set aside. In the same pan, add garlic and ginger; sauté 30 seconds until fragrant.
4. Stir in orange juice, zest, honey, vinegar, soy sauce, and water. Bring to a simmer, letting the sauce thicken slightly.
5. Return chicken to the pan, tossing to coat each piece with the glossy glaze. Cook another 2 minutes.
6. Garnish with sliced green onions and sesame seeds; serve immediately over rice.

Nutrition per serving

420 kcal	30 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash of water.
- For extra crunch, double-coat the chicken with a second dusting of cornstarch before frying.
- A pinch of red pepper flakes can introduce a gentle heat without overpowering the orange.