

Orange Chicken with Vegetables



Ingredients

2 to 3 tablespoons orange zest
1/3 cup orange juice
1/4 cup orange marmalade
1/4 cup honey
2 tablespoons olive oil for sauce
1 tablespoon for cooking chicken
1 tablespoon apple cider vinegar
2 teaspoons cornstarch

1 teaspoon ground ginger, or to taste
1/2 teaspoon salt, or to taste
1/2 teaspoon pepper, or to taste
1/4 teaspoon cayenne pepper
1 1/4 pounds boneless skinless chicken breasts,
diced into bite-sized pieces and seasoned with salt and pepper
2 cups broccoli, cut into bite-sized pieces
1 cup sugar snap peas
1/2 cup red bell pepper, seeded and diced small

Prep Time: 5 Minutes

Cook: 15 minutes

Directions

To a medium bowl or large measuring cup, add the orange zest, orange juice, orange marmalade, honey, 2 tablespoons olive oil, apple cider vinegar, cornstarch, ginger, salt, pepper, optional cayenne, and whisk to combine; set sauce aside.

To a large skillet, add 1 tablespoon olive oil, add chicken and season with salt and pepper to taste, and cook over medium-high heat for about 5 minutes, flipping intermittently so all sides cook evenly. Cooking time will vary based on thickness of chicken breasts and sizes of pieces. Chicken should be about 90% cooked through.

Add the sauce, noting that it may bubble up in the first few seconds.

Add the vegetables and allow sauce to bubble at a medium-fast boil for about 3 to 4 minutes, or until sauce has reduced some, chicken is cooked through, and vegetables are crisp-tender. Stir intermittently throughout. If you prefer crisp-tender vegetables (not mushy) turn off the heat sooner rather than later because they will continue to cook from the carryover heat from the sauce and pan. 3 minutes is usually I need but preferences vary.

Taste and check for seasoning balance, making any necessary adjustments (more salt, pepper, pinch of cayenne, splash of orange juice, etc.) and garnish with a pinch of orange zest before serving. Will keep airtight in the fridge for up to 4 days. Serve cold or reheat gently prior to serving if desired.

