

STICKY ORANGE CHICKEN

Gluten Free . Dairy Free . Delicious



Sticky, sweet and satisfying, this orange chicken is every bit as good as take out--maybe even better. Top allergen free when made with coconut aminos! Can't have coconut? Make it with tamari instead.



Ingredients

- 2 pounds chicken breast, cut into 1" pieces
- 4 Tablespoons potato starch*+ 1/2 teaspoon kosher salt
- 2 Tablespoons refined coconut oil, divided
- 1 pound broccoli florets
- 1/2 cup sliced green onions
- 1 Tablespoon fresh minced garlic
- 3 teaspoons fresh ginger (or 1 teaspoon ground ginger)

Sauce:

- 3/4 cup orange juice
- 1/2 cup coconut aminos**
- 2 Tablespoons white vinegar
- 1 Tablespoon sesame oil (optional)
- 1 teaspoon onion powder
- 1 teaspoon fresh orange zest
- 1/2 teaspoon kosher salt***
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Notes

- *I use potato starch, but cornstarch or tapioca would work well too.
- **If using low sodium tamari (gluten free soy sauce), add 1/4 cup honey
- ***Omit salt in sauce if using tamari

Method

1. Season chicken with 1/2 teaspoon kosher salt. Toss the chicken in potato starch (or alternative starch. See notes.) Let the chicken rest for 2-5 minutes to give the starch time to absorb moisture.
 2. Meanwhile, make the sauce: whisk together orange juice, coconut aminos, sesame oil, vinegar, onion powder and orange zest. Set aside.
 3. Heat 2 Tablespoons coconut oil (or other neutral oil) in a large skillet over medium high heat.
 4. Add half the starch-coated chicken to the skillet, stirring and cooking until browned all over. Remove chicken from pan.
 5. Heat the other 2 Tablespoons coconut oil and cook the remaining chicken until brown. Remove from pan.
 6. Reduce heat to medium. Add sliced green onions and grated ginger. Sauté for 2-3 minutes, or until the mixture is fragrant and begins to wilt. Add the garlic and cook until fragrant, about 1 minute.
 7. Add the broccoli florets. Cook for 3-5 minutes, until they begin to soften.
 8. Add the chicken and accumulated juices back to the pan. Stir.
 9. Pour sauce over the chicken and stir to coat.
 10. Cook until sauce thickens, and broccoli is crisp-tender.
- Serve over rice or cauliflower rice

