



Healthy Orange Chicken

From thecleaneatingcouple.com

Ingredients

- 2 lbs boneless skinless chicken breasts
- 4 cups steamed broccoli or green beans
- 2 tablespoons toasted sesame oil

Sauce

- 2 cups orange juice
- 1/4 cup chicken broth (optional)
- 1/4 cup coconut aminos
- 3 tablespoons honey
- 1 teaspoon garlic powder
- 2 teaspoons fresh ginger (or 1/2 teaspoon of ground ginger)
- 1/2 tablespoon orange zest
- 1/2 teaspoon pepper

Instructions

1. Clean + cut chicken into 1-inch cubes
2. In a large frying pan, heat sesame oil. Cook the chicken until the edges are brown and slightly crispy (approx 12-15 minutes)
3. As the chicken is cooking, stir together the sauce mixture in a separate bowl
4. Once the chicken is thoroughly cooked remove it from the pan and place it off to the side in a separate bowl
5. Pour the sauce mixture into the same pan you cooked the chicken in
6. Bring the sauce mixture to a boil for 15-20 minutes, stirring every minute or so until it starts to thicken (you will know it has thickened when you scrape the pan and it pulls away from the pan) - the sauce should be bubbling the entire time
7. When the sauce thickens, add the cooked chicken back in + stir to coat the chicken
8. Serve over steamed broccoli or green beans for a paleo option, or rice/quinoa.
9. Sprinkle with sesame seeds + enjoy!