



## Recipe Spotlight



# Chinese Orange Chicken and Broccoli

### INGREDIENTS MAKES 4 SERVINGS

#### Sauce:

- 1 1/2 cups water
- 2 1/2 tablespoons orange juice
- 1/4 cup lemon juice
- 1/3 cup rice vinegar
- 2 1/2 tablespoons soy sauce
- 1 tablespoon grated orange zest
- 3/4 cup packed brown sugar
- 3/4 teaspoon minced fresh ginger root
- 1/2 teaspoon minced garlic
- 2 tablespoons green onion, chopped
- 1/4 teaspoon red pepper flakes
- 3 tablespoons cornstarch
- 2 tablespoons water

#### Chicken and broccoli:

- 2 boneless, skinless chicken breasts cut into 1/2 inch pieces
- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons olive oil
- 1 head of broccoli, washed, cleaned and cut into pieces.

Originally of Hunan origin, this dish, of course, uses red pepper flakes, but it gets its zing from orange zest and orange juice. Served with broccoli and rice, this recipe is healthy, filling and delicious.

### PREPARATION

Pour 1 1/2 cups water, orange juice, lemon juice, rice vinegar and soy sauce into a saucepan and set over medium-high heat. Stir in the orange zest, brown sugar, ginger, garlic, chopped onion and red pepper flakes. Bring to a boil. Remove from heat, and cool 30 minutes.

Place the chicken pieces into a non-reactive container. When the sauce has cooled, pour 1 cup of sauce over chicken. Mix well, cover and put in refrigerator to marinate for at least 2 hours. Reserve the remaining sauce in a covered container; put in refrigerator. After the chicken has marinated, drain and discard the marinating liquid.

In a bowl, mix the flour, salt and pepper. Coat the marinated chicken pieces with the flour mixture. Heat the olive oil in a large skillet over medium heat. Place chicken into the skillet and brown on both sides. Drain on paper towels, and cover with aluminum foil.

Wipe out the skillet and add the reserved sauce. Bring to a boil over medium-high heat. Mix together the cornstarch and 2 tablespoons water; stir into the sauce. Reduce heat to medium low; add the chicken pieces and broccoli. Simmer, about 5 minutes, stirring occasionally.

Serve with steamed white rice.