

EASY ORANGE CHICKEN RECIPE



COURSE: MAIN COURSE CUISINE: CHINESE
PREP TIME: 10 MINUTES COOK TIME: 15 MINUTES
TOTAL TIME: 25 MINUTES SERVINGS: 4 SERVINGS
CALORIES: 203CAL AUTHOR: [ASHLEY FEHR](#)



This Easy Orange Chicken recipe is so easy to make at home in less than 30 minutes! Seasoned chicken breast is sautéed until golden and smothered in the very BEST homemade orange sauce!

INGREDIENTS

- 2 boneless, skinless chicken breasts cut into 1" cubes
- 3 tablespoons corn starch
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon oil
- ½ cup orange juice (fresh squeezed is best)
- ⅓ cup low sodium chicken broth
- ¼ cup orange marmalade
- 3 tablespoons soy sauce
- 1 tablespoons corn starch
- 1 tablespoon white vinegar
- 2 cloves minced garlic
- 1 teaspoon minced ginger
- 1 pinch red pepper flakes

INSTRUCTIONS

1. Place chicken pieces in a large bowl and add 3 tablespoons corn starch, salt and pepper. Stir to coat.
2. Heat a large pan over high heat and add oil.
3. Add chicken to the pan and cook over high heat, turning once, just until browned, about 2 minutes per side. You may have to do this in batches.
4. Meanwhile, make the sauce. Whisk together the juice, chicken broth, marmalade, soy sauce, 1 tablespoon corn starch, vinegar, garlic, ginger, and pepper flakes.
5. Once chicken is browned, reduce heat to medium and add the sauce. Cook and stir until sauce has thickened and chicken is cooked through (165 degrees F minimum), about 10 minutes.
6. Serve over rice as desired.

NOTES

*The flavor of your sauce will depend a great deal on how sweet your juice and marmalade is -- if you taste it at the end and it is too bitter, add a spoonful or two of honey.

Ingredients and Substitutions:

- **Chicken:** boneless, skinless chicken is my preference for this recipe, but boneless chicken thighs will also work if you prefer dark meat.
- **Marmalade:** a little orange marmalade adds thickness and orange flavor. A sweet marmalade is best for this recipe -- if your marmalade is bitter, you may want to swap for additional orange juice, or add honey to compensate.

- **Orange juice:** fresh squeeze orange juice gives the best flavor, but a carton can be subbed in if necessary.
- **Broth:** chicken broth adds a bit more savory flavor, but you can sub for water if needed.

NUTRITION

Serving: 213grams | Calories: 203cal | Carbohydrates: 25g | Protein: 14g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Trans Fat: 0.02g | Cholesterol: 36mg | Sodium: 1129mg | Potassium: 334mg | Fiber: 0.5g | Sugar: 15g | Vitamin A: 99IU | Vitamin C: 17mg | Calcium: 20mg | Iron: 1mg

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