

## Orange Chicken - Light, Quick + Easy



Yield: 3 - 4



- ❑ 1.5 lbs boneless, skinless chicken thighs
- ❑ Pat dry and cut into bite-size pieces (approx. 1 inch)
- ❑ (Substitute w. chicken breast if preferred)
- ❑ 2 tsp. freshly minced garlic
- ❑ 2 tbsp. fresh ginger, peeled + minced
- ❑ 1 bunch green onions (scallions), chopped; white and green parts separated
- ❑ Sesame seeds to sprinkle or Sesame oil (optional)
- ❑ 1 tbsp cooking oil (ghee – our favorite, or e.g. grape seed, avocado, tea seed, canola)

### ORANGE SAUCE (double recipe for sauce fans)

- ❑ 2 tbsp. fresh Orange zest julienne or minced
- ❑ ½ cup fresh Orange juice
- ❑ 3 tbsp. soy sauce (Tamari is our favorite)
- ❑ 3 tbsp. honey
- ❑ 2 tbsp. rice vinegar (sub: white or cider)
- ❑ 1 tsp. crushed red pepper flakes (we mortar our own from dried chiles; much more aromatic than most store-bought flakes and only takes a moment)
- ❑ 1 tbsp. corn starch dissolved in 1 tbsp water

Whisk together sauce ingredients except corn starch in a sauce pan on your stove and bring to a slight boil. Adjust the “heat” by using more or less red pepper flakes. Add water-corn starch mixture and stir until thickened. Put aside.

Meanwhile, pre-heat the teppanyaki on 5. When reached (orange light off) set to #8 or #9 (varies by model). If you set the temperature too high, the meat will become dry fast.

Spread cooking oil or Ghee (clarified butter) evenly with the flat side of the spatula. You can also spray chicken pieces with cooking spray and give a quick toss to coat. When teppanyaki temperature is reached (orange light off), brown the chicken pieces (3-5 minutes each side; no stirring or turning in between; trust us, it will loosen when its ready to turn). If the meat doesn't brown properly, give it more room and work in a couple of batches. When almost cooked through, distribute meat throughout the outer warming area. Lower teppanyaki temperature to #6.

Now add a little bit of cooking oil in the cooking center; add ginger, garlic and onion whites. Sweat while stirring for about a minute (don't brown). Turn off the teppanyaki!

Add chicken and sauce. Toss with chicken and sauce to coat; sprinkle with Sesame seeds and chopped scallions. Suggested sides: Serve with prepared rice, quinoa, or rice noodles or serve as a salad wrap or fill a crepe.

**TIP:** This recipe also works really well with pork, turkey, seafood blend or all vegetarian. Try adding curry to garlic + ginger.

