

Orange Chicken

INGREDIENTS:

- 2 lb of chicken thighs, cut into bite size pieces
- 1 tsp. Sea salt
- 2 T sesame oil
- 1 orange, juiced
- ⅓ cup coconut aminos
- 2 T tomato paste
- 2 T honey (omit for Whole30 or 5 Day Reset)
- ½ tsp. Red pepper flakes
- 1 tsp. Garlic powder
- 1-2 T tapioca starch

PROCESS:

- Sprinkle salt on chicken and stir to evenly coat
- In a large skillet over medium high heat, add the sesame oil and chicken.
- Cook for about 5 minutes until mostly cooked through.
- While chicken is cooking, in a small bowl, combine orange juice, coconut aminos, tomato paste, honey, red pepper, and garlic powder. Stir.
- Pour over chicken and stir to evenly coat.
- Cook for 5-10 minutes or until chicken is fully cooked through.
- Add tapioca starch if you want the sauce thicker. Stir it in and cook for a couple of minutes as it thickens.

ENJOY!

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