



Mandarin Orange Chicken

With Broccoli and an Orange Ginger Sesame Glaze

Camine Pappas / Serves 2 / October 2018

INGREDIENTS:

1 lb. ground chicken
4 C broccoli florets
Sections from 2 mandarins
Generous 1/3 C mandarin orange juice
2 t soy sauce
2 t rice wine vinegar
½ t sesame oil
1 t sugar
1 t grated fresh ginger
1 small shallot, sliced thinly
1 t hot chili flakes
3 T lite oil
2 t salt 1 t black pepper
2 t corn starch and about 3 T water
Flat leaf parsley to garnish



METHOD:

In a small bowl combine the orange juice, soy sauce, vinegar, sesame oil, sugar, grated ginger. Whisk together and set aside.

Heat the oil in a large saucepan. Cook the shallots until soft and slightly caramelized. Add the ground chicken and flatten it into the pan slightly with a spatula. Season with about 1 t salt and 1 t pepper. Let it sear on the oil until slightly browned on one side. Turn and let brown on other. Then begin to break it up. Add the broccoli, orange sections and a little more salt. Toss with spatula. Cover and let the broccoli cook, about 3 minutes, stirring once or twice, until the broccoli is slightly tender but not over-cooked. You don't want mushy broccoli!

Now add the orange sauce mixture turning the ingredients to coat well. Add the corn starch and water mixture with the heat turned down to medium low, and toss. It should thicken right up. Sprinkle with the red pepper flakes and a bit more salt and make sure it is heated through.

Serve over rice or alone with a sprinkling of fresh parsley.

©Recipe and Photo Copyright Camine Pappas, 2018. All rights