

Chinese Orange Chicken

Ingredients

700g boneless skinless chicken breasts or thighs
Vegetable oil (for frying)
1 egg white
1 tablespoon soy sauce
3 tablespoons corn starch
½ cup all-purpose flour
½ cup corn starch
½ teaspoon salt
½ teaspoon baking powder

For the Orange Sauce

½ cup fresh orange juice
1 tablespoon orange zest
2 tablespoons soy sauce
¼ cup sugar
2 tablespoons white vinegar or rice vinegar
1 tablespoon corn starch
½ tablespoon sesame oil
2 cloves garlic (minced)
1 teaspoon fresh ginger (grated)
½ teaspoon red chilli flakes (optional)
½ tablespoon vegetable oil

Instructions

Step 1: Cut the chicken into bite-sized cubes (about 2–3 cm pieces). Set aside.

Step 2: Marinate the Chicken

In a bowl:

- Whisk the egg white until slightly foamy.
- Add soy sauce and corn starch, mix well.
- Add the chicken pieces and coat them thoroughly.

Let the chicken marinate for at least **15–30 minutes** for best texture.

Step 3: Prepare the Dry Coating

In another bowl, mix:

- Flour
- Corn starch
- Salt
- Baking powder

Remove chicken pieces from the marinade and coat them evenly in this dry mixture. Shake off excess.

Step 4: Fry the Chicken

- Heat vegetable oil in a deep pan or wok (about 175–180°C or until hot).
- Fry the chicken in small batches (don't overcrowd).
- Cook for about **4–5 minutes**, until crispy and golden.
- Remove and drain on paper towels.

Repeat with all chicken pieces.

Step 5: Prepare the Orange Sauce

In a bowl, mix:

- Orange juice
- Orange zest
- Soy sauce
- Sugar
- Vinegar
- Corn starch
- Sesame oil
- Chilli flakes

In a pan:

- Heat ½ tablespoon vegetable oil.
- Sauté garlic and ginger for 1–2 minutes until fragrant.
- Pour in the orange mixture.
- Stir constantly over medium heat until the sauce thickens into a glossy glaze.

Step 6: Combine Chicken and Sauce

Add the fried chicken to the sauce.

Mix gently so every piece is well coated.

Let it simmer for **1–2 minutes** until everything is evenly covered and hot.