

Helergon Kitchen

Orange Chicken – Crispy Tangy Orange Sauce

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb chicken thighs, boneless, skinless, cut into bite-size pieces
- [ ] 2 tbsp cornstarch
- [ ] 1 tsp salt
- [ ] ½ tsp black pepper
- [ ] 2 tbsp vegetable oil

For the Sauce

- [ ] ¾ cup fresh orange juice
- [ ] ¼ cup low-sodium soy sauce
- [ ] 2 tbsp honey
- [ ] 1 tbsp rice vinegar
- [ ] 2 tsp grated orange zest
- [ ] 1 tsp minced garlic
- [ ] ¼ tsp red pepper flakes
- [ ] 1 tsp toasted sesame oil

Instructions

1. Pat the chicken dry, then toss with cornstarch, salt, and pepper until lightly coated.
2. Heat oil in a large skillet over medium-high heat; add chicken in a single layer and sear until golden and crisp, about 4-5 minutes per side.
3. Remove chicken and set aside; lower heat, add garlic, orange zest, and red pepper flakes, sauté briefly until fragrant.
4. Stir in orange juice, soy sauce, honey, and vinegar; simmer 3-4 minutes until sauce thickens, then return chicken to the pan and toss to coat.
5. Finish with sesame oil, give one last gentle toss, and serve immediately over rice or noodles.

Nutrition per serving

420 kcal	28 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce becomes too thick, add a splash of water or extra orange juice.
- For extra crunch, dust the chicken again with a thin layer of cornstarch before the final toss.
- A small pinch of toasted sesame seeds adds a nutty finish.