

Orange Chicken

Hands On Time: 45 minutes

Total Time: 45 minutes

Crisp battered chicken pieces, coated in a deeply sweet citrusy sauce. And with perfect, al dente noodles that have soaked in the sauce.

What more could you want?

We have taken this American favorite and cut the carbs.

But we won't tell anyone if you don't.

Enjoy!



INGREDIENTS:

Chicken:

- 1 pound of chicken thighs
- 1 ½ cups of Sukrin Sesame Flour
- ¼ cup of Sukrin Coconut Flour
- 1 egg
- 1 ½ cups of water
- 1 tablespoon of olive oil
- Salt and pepper

Sauce:

- ¼ cup of orange juice (no added sugar)
- 2 teaspoons of orange zest
- 2 tablespoons of coconut aminos
- ¼ cup of rice wine vinegar
- ½ cup of Sukrin Gold
- 2 cloves of garlic
- 1 tablespoon of olive oil
- 1-2 teaspoons of xanthan gum

Oil for frying

METHOD:

Cut your chicken into ½ inch cubes.

Mix all other chicken ingredients together in a large bowl to create a batter.

Toss chicken into batter.

Heat oil until it is hot, you want your oil to be deep enough to fry the chicken in, so 1-2 inches deep.

Using tongs, retrieve chicken pieces from the batter, shake off excess and then place in hot oil.

Fry until golden and then drain on paper towels.

Batter will crisp up further as it cools.

While frying chicken, make the sauce as follows.

Place all of the sauce ingredients, except for xanthan gum, into a small saucepan and bring to the boil, stirring constantly.

Simmer until sauce starts to thicken.

If you want your sauce to be much thicker, sprinkle the xanthan gum on, ½ teaspoon at a time, whisking well in between additions until combined.

Continue until your sauce reaches your preferred consistency.

Toss chicken through the sauce and serve over Spaghetti Zeroodles or Fettuccine Zeroodles.

Garnish with spring onions and sesame seeds.

Store, in an airtight container, in the fridge for up to two days.

Batter will soften considerably.

PLEASE NOTE:

Because a large portion of the batter is not consumed, we've allocated half of the amount in the nutritional calculator.

NUTRITIONAL INFORMATION:

11:12 48%

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Orange Chicken

Defined by ingredients

Nutritional data (per serving)	
Total Carbs	9.6 grams
Net Carbs	5.5 grams
Protein	30.9 grams
Fat	14.6 grams
Calories	295 kcal

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Ingredients (makes 4 servings)

16 oz of chicken thighs (skinless, boneless, raw)	453.6 grams	<input type="checkbox"/>
2 tbsp of coconut aminos (substitute to soy sauce)	36 grams	<input type="checkbox"/>
1/8 cup of coconut flour, organic	15 grams	<input type="checkbox"/>
1/2 large of eggs, free-range or organic	25 grams	<input type="checkbox"/>
2 clove of Garlic, raw	6 grams	<input type="checkbox"/>
1 3/4 tablespoons of olive oil, extra virgin	23.6 grams	<input type="checkbox"/>
1/4 cup of Orange juice, raw	62 grams	<input type="checkbox"/>
1/2 tbsp of orange peel (zest), fresh	3 grams	<input type="checkbox"/>
1 dash of pepper, black, spices		<input type="checkbox"/>
2 oz of rice vinegar	56.7 grams	<input type="checkbox"/>
1 dash of salt, sea salt		<input type="checkbox"/>
3/4 cup of sesame flour, fine, defatted	60 grams	<input type="checkbox"/>
1/2 cup of Sukrin Gold, brown sugar substitute	80 grams	<input type="checkbox"/>
3/4 serving 8 fl oz of water, still	177.8 grams	<input type="checkbox"/>
2 tsp of Xanthan gum, thickening agent	6 grams	<input type="checkbox"/>

[Add all to basket](#) [Add selected to basket](#)