

Baked Candied Orange Chicken

Ingredients :

- 1 - 2 lbs Boneless Chicken cut into bite-size pieces
- 1 cup Plain or GF Breadcrumbs
- 2 Eggs beaten
- 1/2 cup All Purpose or GF All Purpose Flour

Candied Orange Glaze:

- 1 tbsp Oil (Avocado, Olive, Vegetable or Canola)
- 1 tbsp Ginger, minced
- 2 cloves Garlic, minced
- 1 tbsp Cornstarch
- 2 tbsp Mirin (you can substitute a Dry Sherry or Vermouth if needed)
- 1 Orange, zested
- 1/4 cup Orange Juice
- 1 tsp Sesame Oil
- 3 tbsp Soy Sauce or Coconut Aminos
- 2/3 cup Sugar
- 1/2 cup Rice Wine Vinegar
- 8 oz Paradise Candied Orange Peel



Instructions:

Preheat oven to 400 degrees. Prepare a baking sheet with aluminum foil and grease with cooking spray.

Prepare your workstation with 4 bowls: #1 Chicken #2 Flour #3 Eggs #4 Breadcrumbs.

Dredge the chicken pieces in that order (coat the chicken in the flour, then in the egg, then in the breadcrumbs) and place the coated chicken on the prepared baking sheet. Once all the chicken is dredged and on the baking sheet, spray it with cooking spray.

Bake for 20 - 25 minutes, or until the internal temperature of the chicken reaches 165 degrees. In the meantime, let's make the sauce!

Toss the baked chicken with the sauce and you're ready to go!

Notes :

If you want to use this chicken method to make regular chicken nuggets or cutlets, add a 1/4 - 1/2 tsp of Salt to your breadcrumbs mix.

I like to serve this Baked Candied Orange Chicken with brown rice or rice noodles, and Steamed Broccoli. Enjoy!