

Oven Fried Orange Chicken/Fried Rice

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Ingredients

Chicken:

- 5 chicken breasts, in bite size pieces
- 2 eggs, beaten
- 2 cups panko
- ½ cup flour
- 1 ½ cup orange juice
- ¼ cup soy sauce
- 3 T brown sugar, packed
- 3 T Mirin
- 1 ½ T sriracha
- 3 cloves garlic, minced
- 1 ½ tsp fresh ginger, grated
- 1 T cornstarch
- Toasted sesame seeds
- Green onion, snipped

Fried Rice:

- 2 cup cooked brown rice
- ½ onion, chopped
- 1-2 garlic cloves, minced
- 2 eggs, beaten
- 2 cups chopped greens
- 1/3 cup chopped dates
- 2 T butter
- 2 T olive oil
- 3-4 T lite soy sauce
- ½ -1 T sriracha
- Salt & pepper to taste



Directions

Chicken:

Preheat oven to 425. Spray baking sheet with cooking spray.

Dredge each chicken piece first in beaten eggs and then in panko, then place on baking sheet. Bake for 10 minutes, then turn the chicken and bake for another 10 minutes, or until done.

Combine orange juice, soy sauce, brown sugar, mirin, sriracha, garlic and ginger in a medium saucepan. Bring to low boil, stirring occasionally, then turn heat down to low. When the chicken is almost done, add the cornstarch to the orange juice mixture and bring to boil. Heat until thickened enough to coat a spoon. Remove from heat.

Toss cooked chicken and orange sauce in a serving bowl. Sprinkle with sesame seeds and green onions.

Fried Rice:

Melt butter and oil in large saucepan. Add onion and garlic and cook for a few minutes. Add rice, soy sauce, sriracha, salt, pepper, dates and greens; stir and cook for several minutes. Make room for the eggs in the pan, and fry them a little before mixing them with the rice mixture.



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