

No-Salt Orange-Ginger Chicken Stir-fry

Serves: 4

Prep time: 15 mins; Cook time: 15 mins

16 oz Chicken breast, thinly sliced

Marinade

3 tbsp. balsamic vinegar

1 tbsp. rice vinegar

1 tbsp. Sesame oil

1 tsp. honey

1/4 cup orange juice

2 tsp. Five spice powder

2 gloves garlic crushed

1 tsp. mince ginger

1/8 tsp. red pepper seeds or
scotch bonnet

2-3 tsp cornstarch

For the rest of the dish:

1/2 cup water or chicken stock

1 1/2 tbsp. dry sherry

1 cup carrot, cut into 1/8" strips (julienne)

1 cup string beans

1/4 cup celery, sliced

1/2 medium sweet red pepper, cut into wedges

1 cup bak choy, thickly sliced

Zest of 1 orange

1 handful cilantro leaves

1/2 cup Peanut or canola oil



Method:

1. Add all the marinade ingredients to the chicken in a bowl, mix well with your hands so the chicken absorbs all the marinade liquid, and set aside.
2. When ready to cook, preheat your wok/skillet over medium high heat until it's almost smoking. Remove chicken from marinade and set aside marinade. Add 2 tablespoons oil to the wok/skillet and sear the chicken until it's just browned. If your wok is as hot as it should be, the chicken should not stick. Turn off the heat while you transfer the chicken to a separate bowl. Leave any oil/fat in the wok.
3. Add 1 additional tablespoon oil to the wok, and add the string beans and carrots in a single layer. Sear the vegetables on one side, about 1 minute. Stir-fry the beans and carrots for 30 seconds, and then add 1/4 cup water to the wok. Cover the wok and allow the vegetables to steam for 60-90 seconds (still on medium high heat).
4. Add the celery, sweet pepper and bok choy stir fry for 30 seconds. Add the Spread the sherry around the wok to deglaze it, stir-frying for 15 seconds. Then add the remaining marinade mixture, then add orange zest and bring it to a simmer.
5. Add the chicken back to the wok and stir-fry everything together for another 30 seconds. The cornstarch in the marinade mixture will thicken it. When the sauce is at the consistency you'd like, stir in cilantro leaves, plate and serve immediately with rice.



Credit: Recipe by Stacey Aiken-Hemming, Nutritionist
Photo credit: Stacey Aiken Hemming