



## SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

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### Chinese Mandarin Orange Chicken with Stir-Fried Veggies, Brown Rice, Red Pepper Slices

#### Chinese Mandarin Orange Chicken with Stir-Fried Veggies

*Recipe adapted from [Cheeseslave.com](http://Cheeseslave.com)*

##### *Prep Ahead:*

- 1-5 dried red chiles (depending on how hot you want it)
- 1 Tbs. minced orange zest
- 1-2 inches ginger root

##### *Orange Sauce:*

- 1 cup freshly squeezed orange juice (organic)
- 1 cup homemade chicken broth
- 4 Tbs. naturally fermented soy sauce
- 3 Tbs. water
- 1 1/2 Tbs. rice vinegar
- 6 Tbs. honey
- 1 1/2 Tbs. corn starch or arrowroot powder

##### *Batter:*

- 1 1/2 cups water
- 1 cup flour (preferably sprouted)
- 1/4 cup cornstarch or arrowroot powder
- 2 tsp. baking soda
- 2 eggs (preferably from pastured hens)

##### *Fried Chicken:*

- 1 cup coconut oil
- 3 pounds chicken meat (preferably from pastured chickens)
- Sea salt

##### *Veggies:*

- 2-4 cups of your favorite veggies (Ideas: carrots, celery, broccoli, snow peas, bell peppers, etc.)

##### *Instructions:*

- Wearing gloves, slice the dried chiles open with a sharp knife and discard the seeds. Mince and place in a small bowl of hot water. Set aside.
- Zest the oranges and place in a small bowl. Set aside.
- Mince the garlic and the ginger root and place together in a bowl. Set aside.
- Juice the oranges and pour into a large bowl. Mix with the rest of the ingredients for the orange sauce. Set aside.
- Cut up the chicken meat into bite-size cubes.
- Mix the batter.
- Dip the chicken pieces into the batter and set on a platter.
- Add 1 cup of coconut oil to a Dutch oven or stock pot.

- Heat up the coconut oil to about 300 degrees (until its bubbling, but not smoking).
- Carefully drop the chicken pieces into the oil. Do not crowd. Fry a few minutes on each side until golden brown.
- Transfer onto a paper towel lined plate and add a little sea salt.
- In a wok, Dutch oven or large skillet, melt 2-3 Tbs. coconut oil on medium heat.
- Add your veggies and stir-fry lightly until just tender (they should still be a little crunchy). Remove veggies to a separate bowl, leaving the coconut oil in the pan.
- Add the minced garlic and ginger to the coconut oil and stir-fry.
- Drain the dried red chiles of water and add to the pan, stirring.
- Stir in the minced orange zest.
- Add the orange sauce mixture. Turn up the heat and bring to a boil, continuing to stir until the liquid reduces and the sauce thickens.
- Incorporate the fried chicken and veggies.

**Serve with brown rice and red bell pepper slices or other raw veggie of choice.**

**Enjoy!**