

Mandarin Orange Chicken



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Rice

4 cups water
2 chicken flavored bouillon cubes
2 cups white rice, uncooked

Chicken

2 tablespoons canola oil
1 pound cubed chicken
1 tablespoon reduced sodium soy sauce
1/8 teaspoon ground cayenne pepper
1/4 cup honey
2 (15 ounce) cans mandarin oranges, drained and juice reserved
1 heaping tablespoon cornstarch
1/3 cup cold water

In a small saucepan, heat water and bouillon cubes to boiling. Add white rice. Reduce heat to low. Cover and cook for 15 minutes, or until no water is visible at top of pan and rice is tender.

In a wok, heat oil for 1 to 2 minutes over medium high heat. Add chicken. Cook and stir for 15 to 20 minutes, or until juices run clear. Add soy sauce and cayenne pepper to chicken. Stir to coat chicken thoroughly. Add honey and orange juice to chicken mixture. Bring to a boil.

Combine cornstarch and cold water, mix well. Add cornstarch mixture to chicken, stirring constantly until mixture reaches desired consistency. Add mandarin oranges and heat for 1 to 2 minutes, stirring gently. Serve over cooked white rice.

Serves 4

Cook's Note: Substitute chicken with beef, pork, or shrimp. Cooking times for these products will vary; adjust accordingly. If substituting pork, add an additional 1 tablespoon soy sauce to recipe.

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