



Crispy Orange Chicken

SERVINGS: 7 PREPPING TIME: 10 MIN COOKING TIME: 25 MIN

Ingredients

Chicken

- 1.5lb chicken breast
- ⅓ cup greek yogurt
- ¼ cup arrowroot flour
- ¼ cup almond flour
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp paprika

Orange Sauce

- 4 ounces of no sugar added orange juice
- 2 tbsp rice vinegar
- 2 tbsp arrowroot flour
- 3 tbsp soy sauce
- 1.5 tbsp minced garlic cloves
- 2 tbsp stevia
- ¼ tsp ginger paste
- Salt and pepper

Directions

1. Dice chicken into small pieces and place in a mixing bowl
2. Mix together the chicken, yogurt, and spices so the chicken is fully coated
3. In a separate small bowl, combine cornstarch and almond flour
4. Coat the chicken in the cornstarch + almond flour mixture
5. Place chicken in an air fryer in one even layer (might have to do more than one batch) for 15 min at 400 degrees F, until crispy. NOTE: you can also use an oven or pan fry the chicken as well
6. When the chicken is almost done cooking, start combining the orange sauce ingredients in a pan
7. Place the pan on a burner on medium heat until the sauce thickens
8. Once the sauce thickens, add the chicken and coat it with the sauce

MACROS: 171 kcal, Total Fat 5.6g, Carbs 16g, Sugars 2.4g, Protein 15g, Fiber 1g