



Body

Mind

Recovery

Nutrition

## Lighter Orange Chicken

Dairy Free

Meal Prep/Freezer Friendly

Under 30 Minutes

Nut Free

High Protein

Serves  
6

Prep Time  
10 minutes

Cook Time  
15 minutes



### Ingredients

For the chicken:

- 1.75 lbs. (800g) chicken breast, cut into even-sized pieces
- salt & pepper
- 1 cup (90g) oat flour
- 4 egg whites, whisked
- 2 cups (120g) panko breadcrumbs

For the sauce:

- 1½ cups (360ml) orange juice
- 1½ tbsp. orange zest
- 1 tbsp. ginger
- ¼ apple, peeled, grated
- 1½ tbsp. tamari sauce
- 1 tbsp. rice vinegar
- 1 tbsp. red chili flakes
- 1 tbsp. cornstarch



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## Nutrition (Per Serving)

**Calories**  
383

**Fats**  
7 g

**Protein**  
40 g

**Carbs**  
38 g

## Instructions

1. Heat the oven to 420°F (220°C). Prepare a baking sheet lined with baking paper.
2. Place the chicken in a bowl and season to taste with salt and pepper. To crumb the chicken, dip each piece of chicken first into the flour, then into the whisked egg white and finally into the panko breadcrumbs. Place the crumbed chicken on the baking sheet and continue this process until all the chicken is breadcrumbed.
3. Place the baking sheet into the hot oven and bake for 15-20 minutes, until golden and the chicken has cooked through.
4. In the meantime, place all the sauce ingredients, apart from the cornstarch, into a pot and mix together. Bring to a gentle simmer then add the cornstarch and mix immediately. Simmer for a further few minutes until the sauce has thickened.
5. Once the chicken has cooked, add it to the orange sauce and stir to coat. Serve the chicken garnished with sesame seeds and green onions.