

saucy orange and ginger chicken

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Juicy, exceptionally tasty and very easy to make. These spicy chicken strips bathed in a rich orange and ginger sauce is one meal you will never forget!

Ingredients

For the marinade:

1 large chicken breast

5 cloves of garlic, minced

1 large orange, juiced + 1 tea spoon of zest

Salt as per your preference

1 tablespoon of fresh rosemary or 1/2 a tablespoon
of dried rosemary

For the rest of the dish:

2 oranges, juices + 1 teaspoon of orange zest

1/2 green bell pepper, finely diced

1 red onion, finely diced

1 teaspoon of black pepper

1 thumbsize ginger root, minced

1 teaspoon of coriander powder

2 tomatoes, grated

Method

Cut your chicken into strips and put them on a dish/bowl/container. Add all the marinade ingredients and mix all of them in. Cover with a plastic wrap and let this marinate for not less than 6 hours.

After the marination is done, drain any excess liquid from the chicken. Add the black pepper and the coriander and rub this on the chicken. Shallow fry the strips until they are almost cooked through. Take them from the heat and set aside.

In another frying pan, put your red onion, ginger and green bell pepper. Let this sautee until the onions are soft. To this add the tomatoes and let this simmer for about 2 minutes. Add the freshly squeezed orange juice and mix it all up.

Add the chicken strips to the tomatoes. Mix them and turn down the heat. Let these simmer for about 5 minutes then remove from the heat. Garnish with some spring onion and fresh rosemary and serve.



SERVE WITH: Any rice dish/ baked potatoes/ chapatti/ ugali plus your fave vegetable

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/buttered-carrots-and-red-onion-saute/>