

Orange Ginger Stir-Fry



Prep:

15 minutes

Total:

20 - 25 minutes

Makes:

8 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Gourmet Wok with Cover
small mixing bowl
medium mixing bowl

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Contributed By:

Ivy Ho
Authorized Saladmaster Dealer

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Entrée

24

ounces

chicken tenders

(340

g)

1

bunch

broccoli, stalks, florets whole, processed, use Cone #3

1

red bell pepper, julienned

2

medium

carrots, processed, use Cone #3

1

large

onion, processed, use Cone #3

2 - 3

cloves garlic, shredded, use Cone #1

¹?₃

cup

almonds, toasted and strung, use Cone #2, optional

(31

g)

Orange Sauce

¹?₃

cup

orange juice

(80

mL)

¹?₃

cup

soy sauce

(80

mL)

1

tablespoon

honey or agave nectar

(15

mL)

¹?₄

teaspoon

ground ginger

(1.25

mL)

¹?₂

cup

chicken stock

(120

mL)

2

tablespoons

cornstarch

(30

mL)

¹?₄

cup

water

(60

mL)

Directions:

1. Preheat wok over medium heat. When several drops of water sprinkled on pan skitter and dissipate add chicken. Cover, stirring occasionally, and cook approximately 8 - 10 minutes. Chicken should not be pink.
2. Add broccoli, pepper, carrots, onion and garlic. Stir together, cover and cook until vegetables are crisp-tender, approximately 10 minutes.
3. In medium bowl, mix all Orange Sauce ingredients through chicken stock.
4. In small bowl, mix cornstarch and water. Stir until well blended. Add to other Orange Sauce ingredients and blend.
5. Pour sauce over vegetables and chicken in wok, stirring. Cook uncovered until thickened, approximately 4 - 5 minutes.
6. Serve with rice or noodles. Sprinkle with toasted almonds.

Nutritional Information per Serving

Calories:

320

Total Fat:

16g

Saturated Fat:

3g

Cholesterol:

35mg

Sodium:

823mg

Total Carbs:

29g

Dietary Fiber:

5g

Sugar:

7g

Protein:

17g