

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

Rate ☆☆☆☆☆

Recipe:

Contributed By:

Ivy Ho
Authorized Saladmaster Dealer
[Write a Review](#)

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 (15 mL) 1/4
nectar 1/2
teaspoon ground (1.25 mL) cup chicken (120 mL)
ginger stock

tablespoons cornstarch (30 mL) $\frac{1}{4}$
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 29g
Carbs:
Dietary Fiber: 5g
Sugar: 7g
Protein: 17g