

Orange + Chicken + Veggie Stir-fry

yield: 4 portions

Note: The Marinated Cucumbers would go well as a side or starter if you have any extra. Maybe punch up the spice by adding a little more chili crisp...I'm envisioning a nice, crisp beer here...

Make It Easy: Serve this meal family-style.

Even Easier: Instead of making the Orange Sauce from scratch, use a bottled option available at most grocery stores. Just remember to adjust your grocery list accordingly.

Components:

2/3 c avocado oil
1.5 c red cabbage, large dice
1.5 c yellow squash, quartered, 1/4" slice
1.5 c carrots, peeled, thinly sliced on a bias
1.5 c green pepper, seeded, large dice
1 c onion, medium dice
4 x 6 oz *Lightly Roasted Chicken Breasts*,
pulled into large shreds
1.5 c *Steamed Green Beans*, cut in half
3 T + 1 tsp toasted sesame oil
4 c *Cooked Farro*

Orange Sauce:

+ 2 c orange juice
+ 2 T + 2 tsp orange zest (~4 - 6 sml oranges)
+ 1 T + 1 tsp soy sauce
+ 1/3 c rice vinegar
+ 3/4 c honey
+ 16 cloves garlic, peeled (~1/3 c minced)
+ 1 oz ginger root, peeled (~3 T minced)
+ 1 T chili crisp
+ cornstarch slurry (~2.5 T cornstarch + 2.5 T cold water)

Directions:

In a food processor, pulse the ginger & garlic into a fine mince.

In a small saucepan over medium heat, sweat the minced garlic, ginger, & chili crisp in about 1 T avocado oil until aromatic. Add the juice, zest, soy sauce, vinegar, and honey; bring to a gentle simmer for a minute or two. While still simmering, whisk in the cornstarch slurry to thicken. Remove from heat & set aside.

Heat a large sauté pan over high heat (feel free to use a wok if you have one). Pour in 1/3 c avocado oil & swirl to coat the bottom of the pan. When the oil is smoking slightly, add the carrots, cabbage, squash, green pepper, & onion. Toss quickly & frequently over high heat, allowing the vegetables to cook to your desired doneness.

Add the chicken, tossing the pan quickly to keep everything moving & to mix the ingredients. If needed, add the remaining avocado oil. Once the chicken is just heated through, add the green beans & Orange Sauce. Toss everything to combine.

Remove from heat & finish with a drizzle of toasted sesame oil.

To serve, divide the reheated farro between 4 serving plates & top with the stir-fry.