



High Protein Crispy Orange Chicken Meal Prep

Description

This High Protein Crispy Orange Chicken Meal Prep recipe combines the tangy sweetness of orange sauce with crispy chicken, creating a satisfying and nutritious meal prep option. Packed with protein and flavor, this dish is perfect for those looking to enjoy a homemade takeout-style meal that's healthier and easy to prepare ahead of time.

Ingredients

For the Chicken:

- 1 lb (450g) boneless, skinless chicken breasts, cut into bite-sized pieces
- 1/2 cup (60g) cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon vegetable oil
- For the Orange Sauce:
 - 1/2 cup (120ml) orange juice (freshly squeezed if possible)
 - 1/4 cup (60ml) low-sodium soy sauce
 - 2 tablespoons rice vinegar
 - 2 tablespoons honey or maple syrup
 - 2 cloves garlic, minced
 - 1 teaspoon fresh ginger, grated
 - Zest of 1 orange
 - 1 tablespoon cornstarch mixed with 2 tablespoons water (cornstarch slurry)
- For Meal Prep:
 - 2 cups (360g) cooked brown rice
 - Steamed broccoli or your choice of vegetables

Instructions

Prepare the Chicken:

1. Coating the Chicken: In a large bowl, combine cornstarch, salt, and black pepper. Toss the chicken pieces in the cornstarch mixture until evenly coated.
2. Cooking the Chicken: Heat vegetable oil in a large skillet or wok over medium-high heat. Add the coated chicken pieces in a single layer and cook until crispy and golden brown, about 5-7 minutes per side. Remove from skillet and set aside.
3. Prepare the Orange Sauce:
4. Sauce Preparation: In a small saucepan, combine orange juice, soy sauce, rice vinegar, honey or maple syrup, minced garlic, grated ginger, and orange zest. Bring to a simmer over medium heat.
5. Thickening the Sauce: Gradually stir in the cornstarch slurry. Continue to simmer, stirring constantly, until the sauce thickens and coats the back of a spoon, about 2-3 minutes.
6. Assemble for Meal Prep:
7. Divide into Containers: Divide the cooked brown rice, steamed broccoli, and crispy orange chicken among meal prep containers.
8. Pour Sauce: Drizzle the prepared orange sauce over the chicken in each container, or pack it separately to pour over before reheating.
9. Storage: Allow the meal prep containers to cool completely before sealing and refrigerating. Store in the refrigerator for up to 4 days.

Nutrition Facts (per serving):

Calories: 380
Total Fat: 8g
Saturated Fat: 1g
Cholesterol: 65mg
Sodium: 680mg
Total Carbohydrate: 53g
Dietary Fiber: 3g
Sugars: 15g
Protein: 25g
Vitamin C: 60% DV
Calcium: 6% DV
Iron: 15% DV

Enjoy this High Protein Crispy Orange Chicken Meal Prep as a delicious and nutritious option for lunch or dinner, packed with flavor and protein to keep you satisfied throughout the day!

Category

1. High Protein Recipes

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