

## Nutrition Facts

Servings Size: 1/4 Bowl  
Recipe Makes: 4 Servings

Amount Per Serving

**Calories** **513**

**Total Fat** 13g

**Total Carbohydrate** 52g

**Protein** 47g



## Orange Chicken Ramen Stir Fry

### Ingredients for Orange Chicken Sauce:

- 15g Sesame Oil
- 10g Minced Garlic
- 5g Minced Ginger
- Juice from 3 Oranges
- Zest from 1 Orange
- 30g Reduced Sodium Soy Sauce
- 20g Rice Vinegar
- 15g Honey
- 15g Honey
- 120g Water
- 8g Cornstarch
- 1/2tsp Red Pepper Flakes

### Rest of Ingredients:

- 24oz Chicken Breast
- 45g Egg Whites
- 60g AP Flour
- 5g Baking Powder
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Paprika
- 1/2 tsp Garlic Powder
- 250g Frozen Stir Fry Veggies
- 2 Packs Maruchan Ramen
- Sesame Seeds

1. Add cubed chicken breast into a bowl and combine with 60g egg whites. In another shallow bowl add AP flour, 5g baking powder and seasonings ( sea salt, black pepper, paprika and garlic powder). Then coat each piece of chicken in the flour mixture.
2. Add coated chicken to the air fryer on 400 degrees F for 9 minutes. I had to do mine in two different batches.
3. Now for the orange chicken sauce. Preheat pan to 7/10 heat. Add sesame oil, minced garlic and minced ginger. Cook for 2-3 minutes
4. Then bring pan to a low heat and the rest of your sauce ingredients. For the water and cornstarch, mix those together separately before adding to the pan. Simmer for 5-7 minutes till the sauce thickens significantly.
5. Then add your chicken and coat well in the sauce. All while everything else was cooking, in a separate pan sauté up the frozen stir fry veggies. Add those into the pan with the chicken once done. Combine with the sauce.
6. Then lastly, add your ramen cooked without the seasoning packet to the pan. Combined everything together, add some sesame seeds on top and enjoy!