Orange Ginger Chicken

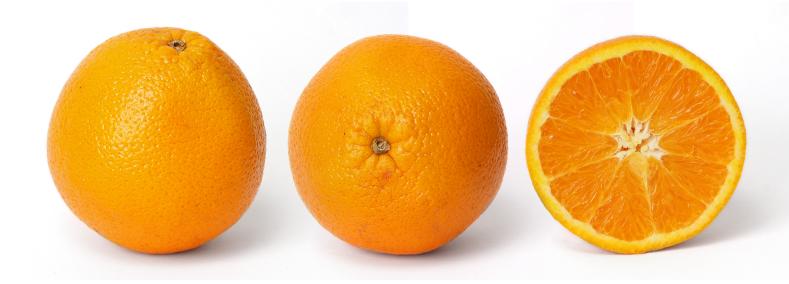
This recipe makes 1 serving Each serving = 1 protein, 1 fruit, ½ lemon juice

Ingredients

- 100 grams chicken cut into chunks
- black pepper
- 1 orange cut in $\frac{1}{4}$'s
- 2-3 cloves minced garlic
- 1 Tbsp fresh ginger root (about 1/2"-1" long piece, peeled & minced)
- 1/2 tsp basil
- juice of half lemon

Directions

- 1. Preheat pan over MED heat.
- 2. Sprinkle chicken with pepper.
- 3. Add chicken to pan and stir fry until brown on all sides, about 5-10 mins.
- 4. Add garlic and cook for 1 min.
- 5. Squeeze juice of orange quarters over chicken.
- 6. Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well.
- 7. Cover and simmer for about 20-30 mins.





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