

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 ¼'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.

