



## **Orange Chicken Stir Fry + Fried Rice Serves 25**

### **What You Need** ***Orange Chicken***

6 c orange juice	1 c vegetable oil
¼ c grated orange zest	6 lbs. chicken breasts, thighs, +/- drumsticks cut into 1-inch cubes
1.5 c soy sauce	2 bags frozen mixed veggies (carrots, broccoli, etc.), thawed
2 T salt	¾ c all-purpose flour
2 heads of garlic, cloves peeled + chopped	
¼ c brown sugar	

2 disposable aluminum baking pans

### **Instructions**

1. In a small bowl combine the orange juice, orange zest, soy sauce, salt, garlic and brown sugar. Mix well.
2. Heat oil in a large skillet or wok over medium high heat. When oil begins to bubble, add chicken. Sauté until cooked through (no longer pink inside), about 7 to 10 minutes.
3. In a separate pan, heat vegetables in a small amount of oil.
4. Add orange sauce mixture to chicken and cook until sauce begins to bubble. Add vegetables. Add flour, a little bit at a time, until sauce has thickened to your liking.
5. Cool and place in baking pan, cover and label with date prepared and name of meal.

### **What You Need** ***Fried Rice***

6 c white rice	6 eggs
12 c water	soy sauce to taste (approx. 1/3 c)
2 c chopped baby carrots	sesame oil, for drizzling
1.5 c frozen green peas	
¼ c vegetable oil	

### **Instructions**

1. In a saucepan, combine rice and water. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes.
2. In a small saucepan, boil carrots in water about 3 to 5 minutes. Drop peas into boiling water, and drain.
3. Heat wok over high heat. Pour in oil, then stir in carrots and peas; cook about 30 seconds. Crack in eggs, stirring quickly to scramble eggs with vegetables. Stir in cooked rice. Shake in soy sauce, and toss rice to coat. Drizzle with sesame oil, and toss again. Cool, place in baking pan, and label with date prepared and meal.