



Mandarin Orange Chicken Rice Bowl



Ingredients

Serves 4

- 1.5 C. **Spicy Orange Sauce** (Starport 127 Gluten-Free)
- 1.5 lbs. Chicken breast, sliced ¼"x1"x1", marinated and velvetized (see below)
- ½ C. Water chestnuts, sliced
- 2 ea. Red bell pepper, sliced ¼"
- 2 ea. Green bell pepper, sliced ¼"
- ½ ea. Medium onion, sliced ¼"
- 1 Tbsp. Vegetable oil
- 1 Tbsp. Garlic, minced
- 1 lb. Mandarin orange segments, canned



Instructions

1. Prepare the rice according to the manufacturer's instructions. You can use long-grain, medium-grain, or parboiled rice.
2. Cut, marinate, and tenderize the chicken (see below for details).
3. Heat a pan or griddle over high heat. Once hot, add oil and onions, and sauté for 30 seconds. Then add garlic and the velvetized chicken. Before stirring, sear the chicken for 1 minute, and then sauté for an additional 30 seconds.
4. Lightly blanch the red and green bell peppers in oil for 10 seconds, and then add them to the pan.
5. Add water, chestnuts, and **Spicy Orange Sauce**, and sauté until everything is steaming hot.
6. Remove from heat and serve over a bowl of rice, garnished with Mandarin orange segments.

Chicken Marinade and Velvetization

1. **To marinate:** For 10 lbs. sliced or diced chicken, add 0.4 lb. (⅞ C.) **Marinade Seasoning** (Starport 356 Gluten-Free), 1¼ C. water, and 1 C. corn oil. Mix well and marinate for 30 minutes or more.
2. **To velvetize:** Oil-blanch chicken in a deep fryer at 350°F in 2-pound batches for 60-80 seconds, un-clumping the pieces with tongs. The chicken will NOT be fully cooked. Remove and drain.
3. When cool, place in a covered container and refrigerate until ready to use. Make batch daily.