



Orange and Ginger Chicken

served with sweet potatoes flavoured with mint and basil gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 4

PREPARATION: 30 MINUTES

COOKING: 30 MINUTES

INGREDIENTS

Chicken:

- 4 boneless chicken breasts (about 700 g), cubed
- 30 ml (2 tbsp) olive oil
- 1 yellow onion, chopped
- 1 clove garlic, minced
- 15 ml (1 tbsp) fresh ginger, grated
- 125 g (1/2 cup) orange juice
- 80 g (1/4 cup) maple syrup
- 30 ml (2 tbsp) Dijon mustard
- 1 ml (1 tsp) salt

Sweet potatoes:

- 4 to 5 medium sweet potatoes, peeled and sliced
- 50 g (1/4 cup) olive oil
- 30 ml (2 tbsp) orange juice
- 10 ml (2 tsp) maple syrup
- 5 ml (1 tsp) gluten-free tamari sauce
- 15 ml (1 tbsp) fresh basil, chopped
- 10 ml (2 tsp) fresh mint, chopped
- 1 ml (1/4 tsp) fresh ginger, grated

PREPARATION

Chicken:

1. In a large saucepan, heat oil. Add onion, garlic and ginger and cook over medium-low heat for about 2 minutes.
2. Add chicken cubes and cook over low heat.
3. In a medium bowl, combine orange juice, maple syrup, Dijon mustard and salt.
4. Pour over chicken, increase heat until bubbling, cover and simmer over low heat for 10 minutes.
5. Continue cooking uncovered for an additional 10 minutes to allow the broth to thicken slightly.

Sweet potatoes:



An inspiration of the moment that amazed my whole family for the evening meal: an orange and ginger chicken accompanied by sweet potatoes flavored with mint and basil.

1. Steam sweet potatoes.
2. In a bowl, combine all the remaining ingredients and mix with the cooked potatoes before serving.