

Orange Chicken

~ adapted from Canyon Ranch Recipes~
from Jill {irunieat.com}

2 teaspoons sesame oil
1/4 teaspoon freshly ground black pepper
1/2 teaspoon sea salt
1 1/2 cup fresh orange juice
3 tablespoons grated orange peel
2 tablespoons chopped scallions
2 teaspoon red chili flakes
1 teaspoon minced garlic
1/2 cup chicken stock
1 tablespoon Worcestershire sauce
4 skinless chicken breast halves

1. Combine all ingredients for marinade in a bowl.
2. Add chicken and marinate for 2 hours.
3. Preheat oven to 400°.
4. Heat a large sauté pan to medium high.
5. Sear chicken for 1 minute on each side.
6. Line pan with tin foil.*
7. Place on baking pan and pour remaining marinade over chicken.
8. Bake for 15 to 20 minutes or until cooked through.

* I like to fold the edges of the tin foil up so the marinade doesn't spread out onto the pan.