

Orange Chicken with Black Rice

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 6-7 boneless organic chicken breasts, cubed
- 3 tbsp brown rice flour
- 3/4 cup water or chicken stock
- 1-1/2 cups freshly squeezed orange juice
- 2 tbsp organic orange zest
- 3-4 garlic cloves, finely chopped
- 3 tsp fresh ginger root, grated
- 1/2 cup honey or maple syrup
- 1/2 cup tamari sauce or coconut aminos
- 4 tsp your favourite hot sauce
- 2 tbsp arrowroot powder/starch
- 4 tbsp water
- 1/4 cup chopped green onions
- 2 cups black rice* (or brown rice)

Instructions:

1. Place cubed chicken into a large bowl and sprinkle with brown rice flour. Try to evenly coat the chicken.
2. Add chicken to slow cooker and put on "browning" function. If your slow cooker doesn't have a browning function you can quickly stir fry it in a pan on medium heat for a couple of minutes in olive oil just to cook the outside a little. This will prevent the chicken from shredding and breaking apart when you cook it over 2 hours. If you want to skip this step to save time you can do that. Once done browning, place chicken back into slow cooker.
3. In a small bowl, whisk together water/chicken stock, orange juice, zest, garlic, ginger, honey, tamari sauce, and hot sauce. Pour sauce over chicken inside the slow cooker.
4. Seal your crock pot and set it to cook on high for 2 hours. After 2 hours, your chicken should be tender and sauce should be thickened.
5. To thicken sauce even more, dissolve 2 tbsp arrowroot starch/powder into 4 tbsp water, then stir completely into the sauce. Seal crock pot and set to the warming function for 10-20 more minutes and sauce should be much thicker.
6. Serve over black rice with vegetables of your choice.
7. Garnish with green onions and squeeze some fresh orange juice on top just before serving.

Notes:

7 servings. *Black rice cooks like any other rice. 1 part rice, 2 parts water. It takes about 45 minutes to cook. It's soooo worth it because black rice has a beautiful hearty texture. If you don't have slow cooker, then preheat your oven to 350F degrees and follow the same

steps. I think it will take about 35-45 minutes, but I haven't done this method so you'll just have to watch and see.