

Orange Chik'n

Orange chicken is probably one of the unhealthiest foods you could get when you order Chinese food. Trust me though, this version will blow your socks off.

Prep:
10 minutes

Cook:
25 minutes

Ready In:
40 minutes

Servings:
2-3



Batter

- 1 cup flour
- 1 cup unsweetened soy milk
- 2 tbsp orange zest
- 1 tsp garlic powder
- 1 tsp salt
- 1 cup bread crumbs

Orange Sauce

- 3 tbsp orange juice
- 1 tbsp orange zest
- 1 tbsp ground flax
- 1/4 cup hoisin sauce
- 1 tbsp maple syrup
- 1 tsp garlic powder
- 1/2 inch thumb ginger, grated

Chik'n & Toppings

- 3 cups cauliflower florets
- Chopped green onion
- Sesame seeds
- Red chili flakes

Instructions

- 1 Preheat your oven to 400F degrees. Add your flour, orange zest, garlic powder and salt into a large bowl and mix together.
- 2 Slowly add in your soy milk and whisk together until it becomes a pancake batter consistency. In another large bowl add your bread crumbs.
- 3 Dip each piece of cauliflower into the batter covering it completely and then into the bread crumbs.
- 4 Place on a baking sheet and bake for 15 minutes. While the cauliflower is baking, add all of your sauce ingredients into a bowl and whisk together.
- 5 When the cauliflower is done, dip each piece into orange sauce and place back on the baking sheet. Bake another 5-8 minutes.
- 6 Serve over rice with any leftover sauce, chopped green onion, red chili flakes and sesame seeds.