

Disc-It Orange Chicken

2 TBSP oil for frying
1 1/2 lbs. chicken breast sliced into strips
1 chopped onion
2 bunches chopped broccoli
2-3 carrots, sliced thin
1/2 head of cauliflower
3 peppers (red, green, yellow) cut into strips
2 TBSP finely chopped ginger
4-5 cloves chopped garlic

Sauce:

1/2 cup warm water (helps to dissolve the sugar)
1 TBSP soy sauce
1-2 TBSP rice wine vinegar OR white vinegar
2 TBSP orange juice concentrate
2 tsp. orange zest
2 TBSP brown sugar
1 TBSP sesame oil
2 tsp cornstarch (mix well into sauce)
1 tsp. red pepper flakes (more if your name is Nevin) :-)

Fry onions in oil. When soft add garlic and ginger. Fry for a couple more minutes. Pull up to the sides of the Disc-It. Add chicken; stir fry until done. Pull to sides. Add Vegetables to center of Disc-It and stir fry. You may have to add a bit of water and cover to steam the vegetables. Do not over cook. Mix everything together and fry for a couple minutes. Add Sauce.

Stir fry until sauce thickens.