

# Adam Liaw's American-Chinese orange chicken

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chilli-chicken-curry-recipe>

## Ingredients:

- 1 whole egg plus 2 egg whites
- 1 tablespoon cornstarch
- 1 tablespoon self raising flour
- 3 chicken breasts cut into 2cm cubes
- 3 cups vegetable oil for frying
- 2 spring onions thin, finely sliced
- steamed rice to serve
- 3/4 cup orange juice unsweetened
- 1 tablespoon ginger grated, juice only, see tip
- 1 chilli bird's-eye, finely sliced
- 2 tablespoons soy sauce
- 1 1/2 tablespoons caster sugar
- 1 tablespoon white vinegar
- 1/2 teaspoon sesame oil
- 1 teaspoon cornflour

## Nutrition:

1. Calories: 1720 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 160 milligrams
4. Fat: 170 grams
5. Fiber: 1 grams
6. Protein: 39 grams
7. SaturatedFat: 14 grams
8. Sodium: 670 milligrams
9. Sugar: 7 grams
10. TransFat: 5 grams

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