



Orange Chicken Recipe

Preparation Time	7
Cooking Time	30
Serving Size	5

Ingredients:

- 400 g chicken, thigh fillet, cut into strips
- - salt, to taste
- - pepper, to taste
- 1 pack DEL MONTE Quick 'n Easy Breeding Mix (75g)
- - oil

- 2 packs DEL MONTE Quick 'n Easy Sweet and Sour Mix (57g)
- 1 cup water
- 1/2 cup orange marmalade
- 1/2 cup bell pepper, green, cut into 1-inch squares

Preparation:

1. Season chicken with salt and pepper. Coat with DEL MONTE Quick n Easy Breeding Mix.
2. Fry the chicken strips.
3. Dissolve the DEL MONTE Quick n Easy Sweet & Sour Mix in water.
4. Cook the mixture in a pan until thick. Add the orange marmalade.
5. Mix in the fried chicken strips and the bell peppers.

Chef's Tip

Overcooked chicken becomes dry. Chicken thigh contains enough fat to keep it moist during frying.

Lusog Notes

This tangy dish is high in vitamin C that helps fight common infections. It also has vitamin A needed for healthy skin and normal vision.

Cooking Skills Needed

- Boiling
- Slicing
- Frying
- Simmering

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon

- Tongs
- Knife
- Pan

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