

CopyCat Applebee's Crispy Orange Chicken Bowl

Ingredients

Chicken:

2 pounds boneless skinless Chicken, cut into 2-inch cubes
1 Egg, slightly beaten
1 1/2 teaspoons Salt
1/4 teaspoon freshly ground Black Pepper
1 tablespoon Vegetable Oil
1/2 cup Cornstarch
1/4 cup All-Purpose Flour
Oil, for frying

Stir Fried Vegetables:

1/2 cup chopped Broccoli
1/2 Red Bell Pepper, cut into strips
1/2 Onion, chopped
4 – 6 ounces Button Mushrooms, cut in 1/2

Orange Glaze:

1 teaspoon minced Garlic
1 1/2 teaspoons grated Orange Rind
1 cup Orange Juice
1/2 cup Hoisin Sauce
1/8 teaspoon Cayenne Pepper
1/4 cup granulated Sugar
Salt and freshly ground Black Pepper, to taste

Bowl:

1 cup cooked Rice
1 Green Onion, sliced thin, to garnish
Sliced or slivered Almonds, to garnish
Chow Mein Noodles, to garnish

Directions

Instructions

Chicken:

Place chicken in a large bowl. Add egg, salt, pepper and oil. Mix well. Set aside.

Place cornstarch and flour in a second large bowl. Mix well.

Add chicken to the flour mixture. Mix well, to evenly coat each piece.

Pour enough oil to be at least 1/2-inch deep in a wok or heavy skillet. Set over high heat. When oil reaches 375°F, carefully add chicken pieces in small batches. Fry 3 to 4 minutes or until golden and crisp. Do not overcook.

Remove chicken from oil with tongs, slotted spoon or spider strainer and place on a paper towel-covered plate to drain. Continue frying the remainder of the chicken, in small batches, until all are done. Set aside and keep warm.

Stir Fried Vegetables:

Allow oil in skillet or wok to cool slightly. Pour off all but about 2 tablespoons.

Set skillet or wok over high heat. When oil has returned to hot, add vegetables. Stir fry for 5 – 7 minutes. Remove veggies from skillet or wok to a bowl. Set aside and keep warm.

Orange Glaze:

Add oil to make about 2 tablespoons. Set skillet or wok over medium heat. When oil has returned to hot, add garlic. Sauté for 1 minute.

Add remaining ingredients, except salt and pepper, and bring to boil. Allow to boil for 3 minutes, stirring constantly. Reduce heat. Taste. Add salt and pepper, to taste. Continue to simmer until sauce thickens to your liking, stirring frequently. Pour glaze over chicken.

Bowl:

Place cooked rice in a bowl, spreading out to cover. Pour chicken and sauce over rice. Top with stir fried vegetables. Sprinkle with green onions, almonds and noodles. Serve hot.