

Sweet Orange Chicken

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 TBSP (4 TBSP)* Cornstarch
- Optional toppings and garnishes: Sriracha, rice, mixed vegetables

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 3/4 cup (3/4 cup)* of hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Take out the chicken and cut into bite-sized pieces. Set aside.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. Add the chicken to the sauce and stir until coated.
7. Serve with rice to soak up all the delicious juices.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-7.

Leftover Suggestions:

- Place in a lettuce wrap with rice, sriracha, and peanuts

Notes:

- This meal is very kid-friendly. To make it more appealing for adults, add a variety of stir-fry vegetables and some chopped peanuts.

Nutrition Facts

4 servings per container
Serving size
3/4 cup (190g)

Calories per serving **210**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 20g	7%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 18g	
Cholesterol 95mg	32%	Includes 20g Added Sugars	40%
Sodium 1070mg	47%	Protein 31g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.6mg 4% • Potassium 160mg 4%
Vitamin A 30mcg 2% • Vitamin C 34mg 40%

INGREDIENTS: CHICKEN, ORANGE JUICE CONCENTRATE (CONCENTRATED ORANGE JUICE), BROWN SUGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), KETCHUP (TOMATO CONCENTRATE, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, CORN SYRUP, SALT, LESS THAN 2% OF: SPICES, ONION POWDER, GARLIC POWDER, NATURAL FLAVOR), RICE VINEGAR (WATER, RICE), SALT, CHILI GARLIC SAUCE (CHILI, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES, XANTHAM GUM), SPICE

CONTAINS: WHEAT, SOY

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

