



# Orange Chicken

WW-ifying the high point Panda Express entree into a sandwich

I really wanted to think outside of the box with this sandwich. I decided to make a sandwich version of the delicious, yet extremely unhealthy Orange Chicken entree from Panda Express. The end result is a bit of work to make, but tastes absolutely amazing.

## Ingredients:

### Breaded Chicken Breasts:

- 4 Boneless, skinless chicken breasts
- 1/4 tsp baking soda dissolved with 2 tsp water
- 1 batch of my breading, recipe on pg. 38-39, prepared

### Asian Green Cabbage & Scallion Slaw:

- 1/2 head of green cabbage, sliced very thin.
- 1/4 cup green onion sliced thin, at an angle. Use both the green and white parts (takes about 4 whole green onions).
- 1 Tbsp rice vinegar (unseasoned)
- 2 Tbsp lemon juice
- 1/4 tsp sesame oil
- 2 tsp 0 point sweetener o' choice
- 1/4 tsp each: salt & pepper

### Asian Chili Aioli:

- 3 Tbsp fat free plain Greek yogurt
- 1 tsp light mayonnaise
- 1 to 2 tsp Asian chili sauce
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tsp lemon juice
- 1 tsp low sodium soy sauce

### AWESOME Orange Sauce/Glaze:

- 1/4 cup orange juice
- 1 Tbsp orange zest, finely chopped
- 3 Tbsp reduced sodium soy sauce
- 4 Tbsp 0 point sweetener o' choice
- 2 medium garlic cloves, minced
- 1 tsp ginger root, finely chopped/minced
- 1/8 tsp red pepper flakes
- 1-1/2 tsp cornstarch, dissolved in 2 Tbsp water.
- 1 Tbsp PLUS 1 tsp sugar free syrup (pancake syrup)

### Additional Ingredients:

- 1 tsp sesame seeds, toasted, for garnish.

## Servings Info.:

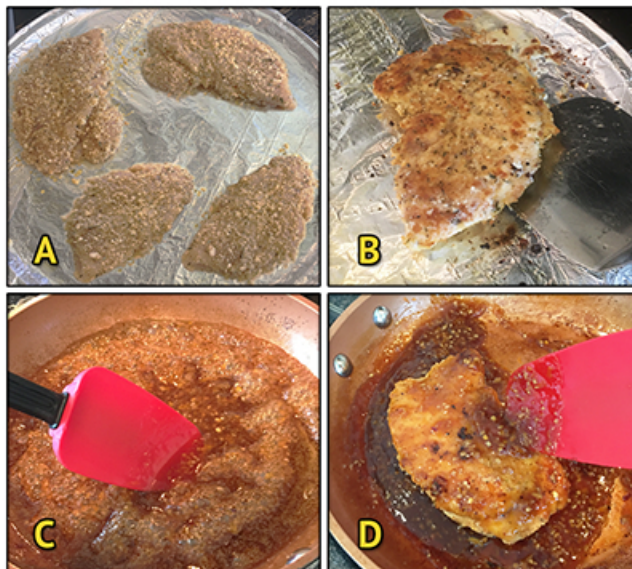
Yields: 4 sandwiches  
 Servings: 4  
 Serving Size: 1 sandwich



- last checked 03/20/24 -  
 Listed Points DO NOT INCLUDE BREAD!

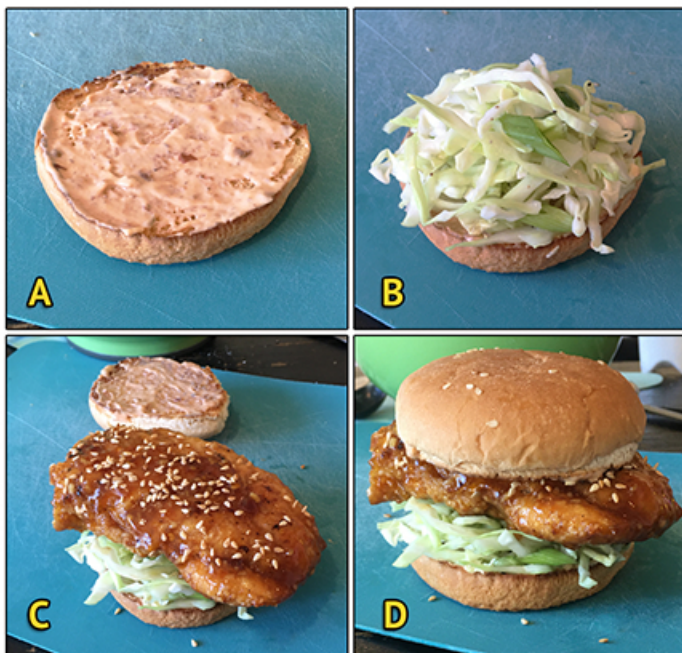
## Directions:

- 1 Mix the cabbage and slaw ingredients together, set aside. Mix the asian chili aioli ingredients together, set aside.
- 2 Mix the chicken breasts together with dissolved baking soda/water solution. Set aside for 20 minutes.



- 3 Preheat oven to 425 degrees. (A) Dust the chicken with flour, then bread the chicken breasts, as shown on pages 37-39. Place onto a foil lined pan, spray both sides with cooking spray, then bake at 425 for 14 minutes. (B) Flip and bake for 5-6 more minutes. Set aside. (C) Heat the orange sauce ingredients in a pan. Bring to a rolling boil for 2-3 minutes, till thick. (D) Add the baked chicken to the pan with the sticky sauce. Toss to coat. Turn off the heat, set aside.

- 4 To toast the sesame seeds, heat them in a small pan over medium heat till lightly browned and fragrant. It'll take 3-4 minutes. Set aside.



- 5 (A) Toast your sandwich buns or bread o' choice, then place a dollop of the Asian chili aioli on the bottom bun. (B) Set a small mound of the green cabbage slaw on top, (C) followed by one of the glazed chicken breasts. Sprinkle 1/4 tsp of toasted sesame seeds on top of the chicken and spread some more of the aioli onto the top bun. (D) Place the bun on top, get your grub on.

## NOTES & SUGGESTIONS:

- **GREEN CABBAGE 'SLAW:** A couple of things:
  - \* Obviously, remove the hard core from the bottom center of the cabbage.
  - \* Slice the cabbage very thin, if you don't, it'll be hard to form into a nice mound on the bun.
  - \* Don't want to shred it yourself? Buy a bag of already shredded up "coleslaw mix" at the grocery store. But... Use my dressing (in the slaw ingredients).
- **BREADING:** The listed points assume you are going to bread your chicken breasts with my low carb breading. If you don't, adjust your points.
- **CHILI SAUCE:** In the Asian food aisle, by the soy sauce, you'll find the chili sauces. I used the "Huy Fong Foods" brand chili garlic sauce. They're the folks that make Sriracha sauce. Most major grocery stores carry it.
- **ORANGE SAUCE:** This sauce is freakin' bomb.com awesome. However, be aware... Unlike deep fried breaded chicken, baked and breaded chicken that gets glazed, only stays crispy for around 10 minutes. a few minutes, then the breading starts to absorb the sauce/glaze. I strongly advise prepping ALL of the other ingredients first, so that as soon as you are finished glazing the chicken in the pan, you can build your sandwich and eat it ASAP.
- **CHICKEN CHUNKS??:** Yes... you can use this sauce to glaze breaded and baked chunks of chicken breast. I actually do that in Cookbook 5: Asian Cuisine, to make a healthy, legit batch of Panda's Orange Chicken.

