

ORANGE SPICE TEA POACHED CHICKEN BREAST

(Serves 2)

Ingredients:

2 chicken breasts, boneless, skinless, trimmed
1 cup low-sodium chicken broth
1 cup fresh squeezed orange juice
2 orange spice tea bags
1 teaspoon butter
1 shallot, minced
1 teaspoon fresh gingerroot, minced
1 teaspoon orange zest, minced
2 teaspoons arrowroot
1 tablespoon fresh squeezed orange juice
1 tablespoon fresh cilantro, minced
1 teaspoon fresh mint, minced
Pinch of salt and pepper

Method of Preparation:

1. In a sauce pan, combine the chicken broth and 1 cup orange juice; bring to a simmer. Add the tea bags and let steep for 5 minutes.
2. Remove the tea bags. Add the chicken breasts and let simmer for 4 minutes on each side.
3. Remove the chicken breasts; keep warm.
4. Simmer the liquid until reduced to one cup.
5. In a sauté pan, add the butter and heat until nut brown. Add the shallots and ginger; cook for 2 minutes.
6. Add the poaching liquid and orange zest. Let simmer for 1 minute.
7. Combine the arrowroot and 1 tablespoon orange juice. Add to the simmering liquid and whisk until slightly thickened.
8. Whisk in the cilantro, mint, salt and pepper.
9. Place the chicken on a warm dish and spoon some of the sauce over the top.

Note: This goes well with a simple salad or steamed asparagus