

Roasted Orange Chicken - Sweet, Savory, and Perfectly Crispy

Roasted Orange Chicken: A Citrus-Glazed Comfort Classic



OVEN
400°F

TIME
30 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

For the Chicken:

1 large chicken leg quarter (about 1 kg / 2.2 lbs)

For the Marinade:

3 oranges (zested and juiced)

Juice of 2 additional oranges

$\frac{1}{2}$ cup maple syrup

$\frac{1}{3}$ cup soy sauce (or tamari for gluten-free)

$\frac{1}{4}$ cup olive oil

1 tsp red chili flakes

4 sprigs fresh thyme

Ingredient Tips & Swaps:

No fresh thyme? Use 1 tsp dried thyme.

Want it sweeter? Add a tablespoon of brown sugar to the marinade.

No chicken leg? Bone-in thighs or drumsticks also work beautifully.

Spicy kick: Add a pinch of cayenne or extra chili flakes.

Step-by-Step Instructions:

1. Preheat Your Oven:

2. Prep the Chicken:

3. Make the Marinade:

Zest and juice of 3 oranges

Juice of 2 more oranges

Maple syrup, soy sauce, olive oil

Chili flakes and thyme sprigs

4. Marinate the Chicken:

5. Roast to Perfection:

6. Rest & Serve:

Tips for Success:

Don't skip the basting. It helps the skin caramelize and keeps the meat moist.

Use a meat thermometer for perfect doneness every time.

Zest first, juice second. Always easier that way!

Want a glaze? Simmer extra marinade (not used on raw chicken) until thick and brush on before serving.

What to Serve With Roasted Orange Chicken:

Blueberry Lemonade - a bright, tart drink that complements the citrus notes

Easy Turkey Wings - a comfort classic for a hearty meal

Dorito Casserole - adds crunch and creamy contrast

DIRECTIONS

1. Preheat Your Oven: Set your oven to 200°C (400°F).
2. Prep the Chicken: Place the chicken leg in a roasting pan or baking dish. Pat dry with paper towels to help the skin crisp up.
3. Make the Marinade: In a bowl, combine:
4. Zest and juice of 3 oranges
5. Juice of 2 more oranges
6. Maple syrup, soy sauce, olive oil
7. Chili flakes and thyme sprigs
8. Stir to combine.
9. Marinate the Chicken: Pour the marinade over the chicken. Let sit at room temp for 20-30 minutes, or refrigerate up to 4 hours.
10. Roast to Perfection: Roast the chicken in the preheated oven for 35-45 minutes, basting every 10-15 minutes. It's done when internal temperature reaches 75°C (165°F) and the skin is golden and crispy.
11. Rest & Serve: Remove from oven and let rest 5 minutes before serving. Spoon extra pan sauce over the top for extra flavor.
12. Tips for Success: Don't skip the basting. It helps the skin caramelize and keeps the meat moist.
13. Use a meat thermometer for perfect doneness every time.
14. Zest first, juice second. Always easier that way!
15. Want a glaze? Simmer extra marinade (not used on raw chicken) until thick and brush on before serving.
16. What to Serve With Roasted Orange Chicken: This chicken pairs well with crisp vegetables, fluffy rice, or cozy carbs. Here are a few pairing ideas:

17. Blueberry : Lemonade - a bright, tart drink that complements the citrus notes
18. Easy : Turkey Wings - a comfort classic for a hearty meal
19. Dorito : Casserole - adds crunch and creamy contrast
20. Chicken : Enchiladas - for a chicken-forward party spread
21. One : Pan Breakfast Bake - great for brunch-style entertaining
22. Storage & Leftovers: Fridge: Store leftovers in an airtight container for up to 3 days.
23. Reheat: Use a 350°F oven for 10-15 minutes to maintain crispness.
24. Freezer: Freeze fully cooled chicken in a zip-top bag for up to 2 months. Thaw and reheat as above.
25. More Comfort Food Recipes to Try: Easy Turkey Wings

SWAPS & NOTES

Easy Turkey Wings - a comfort classic for a hearty meal
Dorito Casserole - adds crunch and creamy contrast
Chicken Enchiladas - for a chicken-forward party spread
One Pan Breakfast Bake - great for brunch-style entertaining

TIPS FOR SUCCESS

It helps the skin caramelize and keeps the meat moist.

Use a meat thermometer for perfect doneness every time.

Simmer extra marinade (not used on raw chicken) until thick and brush on before serving.

What to Serve With Roasted Orange Chicken This chicken pairs well with crisp vegetables, fluffy rice, or cozy carbs.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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