

The Ultimate Roasted Orange Chicken Recipe: Sweet, Savory, and Crispy

Roasted Orange Chicken: The Perfect Balance of Sweet and Savory



OVEN
400°F

TIME
30 min

TEMP
165°F

PRINT
Recipe Card

INGREDIENTS

Chicken Leg: 1 kg (approx. 2.2 lbs) of chicken leg (thigh and drumstick attached).

Oranges: 3 whole oranges (for zesting and slicing) plus 2 additional oranges specifically for juicing.

Maple Syrup: 1/2 cup (provides that deep, caramelized sweetness).

Soy Sauce: 1/3 cup (or tamari for a gluten-free option).

Olive Oil: 1/4 cup.

Red Chili Flakes: 1 tsp (adjust to your heat preference).

Fresh Thyme: 4 sprigs (adds an earthy, floral aroma).

Swaps and Notes:

The Protein: If you prefer white meat, you can use chicken breasts, but keep a close eye on the internal temperature so they don't dry out. If you're looking for a different chicken vibe entirely, you might enjoy these Sheet Pan Quesadillas for a quicker meal.

Sweetener: If you don't have maple syrup, honey or agave nectar works as a 1:1 substitute.

Herbs: Rosemary is a fantastic alternative to thyme if you want a bolder, woodier flavor.

Step-by-Step Instructions:

Preheat and Prep: Start by preheating your oven to 200°C (400°F). Grab a large roasting pan or baking dish.

Dry the Chicken: Pat the chicken leg thoroughly with paper towels. Removing excess moisture is the secret to getting that skin perfectly crispy.

Whisk the Marinade: In a medium bowl, combine the zest and juice of the 3 oranges, the juice of the 2 additional oranges, maple syrup, soy sauce, olive oil, red chili flakes, and the fresh thyme sprigs.

Marinate: Place the chicken in the roasting pan and pour the marinade over it. Ensure it's well-coated. For the best results, let it sit for 20-30 minutes at room temperature, or up to 4 hours in the fridge.

The Roast: Place the pan in the oven. Roast for 35-45 minutes. About halfway through, use a spoon to baste the chicken with the juices from the bottom of the pan.

Final Temp: The chicken is done when the skin is golden-brown and the internal temperature reaches 75°C (165°F).

Rest and Serve: Let the chicken rest for 5-10 minutes before slicing. This allows the juices to redistribute, ensuring every bite is moist.

Tips for Success:

Don't Skimp on Zest: The zest contains the essential oils of the orange and provides more flavor than the juice alone.

Basting is Key: Basting every 15 minutes helps build up those beautiful layers of glaze on the skin.

Use a Meat Thermometer: This is the only foolproof way to ensure your chicken is cooked through without being overdone.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 420 kcal

Protein: 28g

Fat: 18g

Carbohydrates: 32g

Sodium: 850mg

Storage and Leftover Tips:

More Recipes You Will Love:

One-Pan Mexican Chicken and Rice

Quick Sheet Pan Quesadillas

Comforting Cajun Gumbo

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11. **Serving Suggestions and Pairings:** This chicken screams for a side that can soak up the extra orange-soy glaze. I highly recommend serving it over a bed of jasmine rice or quinoa.
12. For a beverage pairing, the citrus notes in the chicken go beautifully with a Blueberry Lemonade, which echoes the fruit-forward brightness of the meal. If you are serving this as part of a larger Southern-inspired spread, consider starting with a small cup of Cajun Chicken Sausage Gumbo for a contrast in spice levels.
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18. **Storage and Leftover Tips:** Store any leftovers in an airtight container in the refrigerator for up to 3 days. To reheat, place the chicken back in the oven at 175°C (350°F) with a splash of water or orange juice to keep it from drying out. Leftover roasted chicken is also amazing shredded into a cold salad the next day!
19. **More Recipes You Will Love:** One-Pan Mexican Chicken and Rice
20. **Quick :** Sheet Pan Quesadillas
21. **Comforting :** Cajun Gumbo
22. **The :** Best Chocolate Chip Banana Bread
23. **Final Thoughts:** I hope this Roasted Orange Chicken becomes a new favorite in your household. It's a dish that proves you don't need a long list of ingredients to create something truly spectacular.
24. Did you make this recipe? I'd love to hear your feedback! Leave a comment below or tag us on social media to show off your creation. Don't forget to follow ChefManiac for more easy, delicious recipes every week!

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