

Sign Up Form

Name


Age

Email address

Password

Dietary Preference: Select One

Once you have already signed up you can log in here:


© Habbit Rabbit Enterprises 

Login Form


Email address

Password

Or click here to sign up

© habbit rabbit enterprises 

Logout Profile Home


Welcome tom! You are logged in!  Don't limit your challenges. Challenge your limits.

RECIPES


ACTIVITY

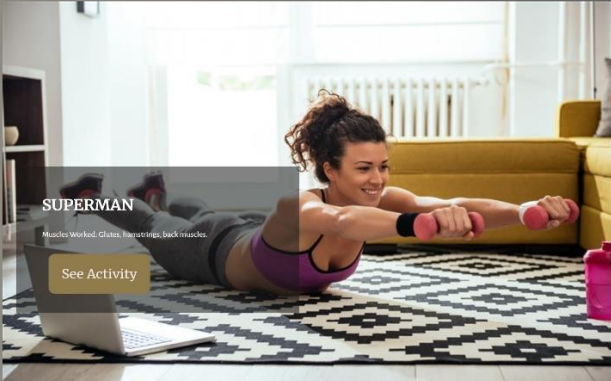
HABBIT

RABBIT


© habbit rabbit enterprises 

Logout Profile Home


Welcome tom! You are logged in!  Work hard in silence, let your success be your noise.



SUPERMAN
Muscle Worked: Glutes, hamstrings, back muscles.

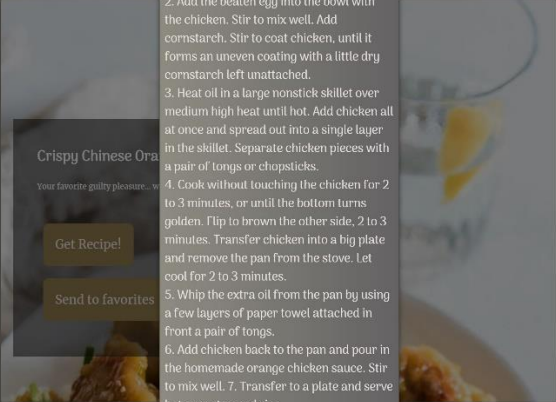
© habbit rabbit enterprises 

Logout Profile Home

Welcome tom! You are logged in! 

Crispy Chinese Orange Chicken

Your favorite guilty pleasure...



Recipe!

1. Combine chicken pieces, vegetable oil, and salt in a big bowl. Mix well and let marinate for 10 to 15 minutes.
2. Add the beaten egg into the bowl with the chicken. Stir to mix well. Add cornstarch. Stir to coat chicken, until it forms an uneven coating with a little dry cornstarch left unattached.
3. Heat oil in a large nonstick skillet over medium high heat until hot. Add chicken all at once and spread out into a single layer in the skillet. Separate chicken pieces with a pair of tongs or chopsticks.
4. Cook without touching the chicken for 2 to 3 minutes, or until the bottom turns golden. Flip to brown the other side, 2 to 3 minutes. Transfer chicken into a big plate and remove the pan from the stove. Let cool for 2 to 3 minutes.
5. Whip the extra oil from the pan by using a few layers of paper towel attached in front a pair of tongs.
6. Add chicken back to the pan and pour in the homemade orange chicken sauce. Stir to mix well.
7. Transfer to a plate and serve hot over steamed rice.

Cooking time: 10Min

© habbit rabbit enterprises 