

CHINESE FIVE SPICE STICKY CHICKEN

NORTH ASIA
/ CHINA

ORIGINS

The traditional dish was created during the Three Kingdoms Period from 200-280 AD as a warming meal cooked in a spiced stock over hot coals for the cold winter months. Loved for many generations to follow, including the Emperors of the Qing Dynasty, this special Chinese dish is still a staple worldwide today.



4



10 min



30 min



WHAT YOU NEED

- 1/2 pkt (11 g) Chinese spice
- 500 g chicken cutlets
- 2 tbsp soy sauce
- 1 tbsp hoisin sauce
- 1/2 tbsp apple cider vinegar
- 2 tbsp honey

HOW TO MAKE

- ① Combine 1 tbsp soy and 1 tbsp honey with spice, hoisin sauce and vinegar and marinate chicken for 30 min.
- ② Heat oven to 180 deg. Line baking tray with foil, place marinated chicken on a tray, cook 10 min on each side.
- ③ Mix remaining honey and soy and use to glaze the chicken. Return to oven and cook 10 min.

HOW TO SERVE

Serve with steamed broccoli and rice and top with 2 tbsp cashews or cucumber salad*

HINTS & TIPS

SIDES & CONDIMENTS

cucumber and peanut salad*:
60 g cucumber slice
1 tsp light soy sauce
1 tsp lemon juice
1 tsp sugar
2 tbsp crushed peanuts
fresh chilli sliced - optional
Mix all ingredients together in a bowl.

SWAPS & ALTERNATIVES

veggie combos: any combination of asian vegetables can be used
reduce meat: 250g chicken + 250 g mushrooms
alternative: Replace chicken cutlets with drum sticks or boneless chicken thighs

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