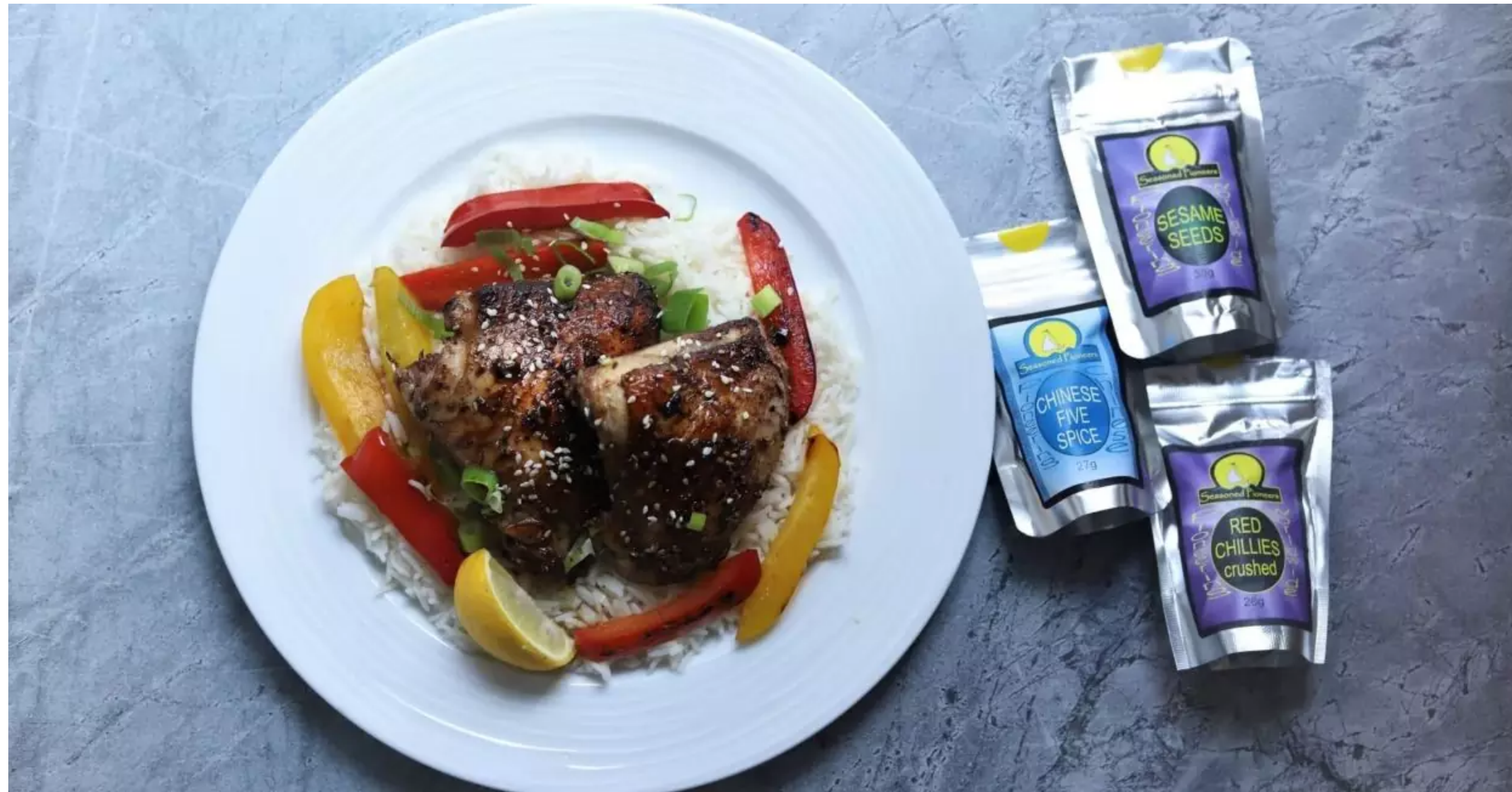


Five-Spice Chinese Chicken

TIME: 1 HOUR | SERVES: 2 | CUISINE: CHINESE | SULTRY SPICY: 3/5

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DIETARY: Dairy Free

MAKING THIS RECIPE

Ingredients

- 3 tsp Sesame Seeds, toasted
- 2 Garlic cloves, crushed
- 1 tbs Chinese Five Spice
- 1/2 tsp Crushed Red Chillies
- 1cm piece fresh Ginger, grated
- 4 tbs Soy sauce
- 2 tbs Honey
- 2 tbs sherry wine
- 4 Chicken Thighs
- 1 tsp oil
- 1 Red pepper, cut into strips
- 1 fresh lemon, cut into slices or wedges
- 1 Spring Onion chopped for garnish
- 2 servings of steamed rice

Method

Five-spice Chinese Chicken

Mix the first 8 ingredients thoroughly together in a large bowl to make the marinade.

Add the chicken and mix with the marinade mixture. Cover and place in the fridge for 2+ hours

Remove the chicken from the marinade and place in a shallow baking dish.

Place in a preheated 325°F/165°C/Gas Mark 3 oven and bake, uncovered, for 20 minutes.

Baste with the marinade, turn the chicken and continue to bake an additional 15 minutes.

Remove and keep warm.

Heat the oil in a small frying pan, add the pepper strips and saute until tender, then set aside.

On a serving plate, arrange the sautéed pepper over the steamed rice.

Place the chicken thighs in the middle and garnish with the lemon slices and spring onion.

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Crushed Red Chillies
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Chinese Five Spice Blend
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What our customers think ...

Cora-ann Holloway

★★★★★

← →

This cinnamon has a lovely warm and sweet taste I use it on everything I possibly can including baked apples, bananas, home made cakes, porridge and more! Superior quality others I have bought elsewhere are tasteless like eating dust! I highly recommend the company and products. You don't need to use much and lasts for ages.

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