



Chinese Five Spice Baked Chicken

Recipe by Chelsea Goodwin,
from 'Money-saving Meal Plans with Chelsea'



Serves 4



Prep: 10 minutes

+ marinating time

Cook: 45 minutes

INGREDIENTS

- 1.2-1.5 kg bone-in, skin-on chicken drumsticks or thighs

Marinade

- 1 clove garlic, crushed
- 2 teaspoons finely grated fresh ginger
- 2 teaspoons Chinese five spice powder
- 2 teaspoons caster sugar
- 1 tablespoon vegetable oil
- 1 tablespoon light soy sauce
- 2 teaspoons oyster sauce
- 1 teaspoon sesame oil

Stir-fried bok choy

- 1 bundle baby bok choy (2-3 heads), stems separated
- 2 teaspoons vegetable oil
- 1 small clove garlic, crushed
- 2 teaspoons light soy sauce
- ½ teaspoon sesame oil

To serve

- steamed rice

DIRECTIONS

Prep

1. Crush the garlic and grate the ginger, then combine all the marinade ingredients in a large bowl and stir well.
2. Add the chicken to the marinade, turning to coat well. Cover the bowl with cling wrap and leave in the fridge for at least 1 hour and up to 24 hours.

Cook

1. Preheat the oven to 190°C and line a large baking tray with baking paper.
2. Arrange the chicken pieces skin-side-up on the tray and bake for 45 minutes or until cooked through. If you have very large drumsticks, they might need an extra 5-10 minutes.
3. When the chicken has been baking for 20 minutes, start steaming the rice.
4. When the chicken has been baking for 30 minutes, start preparing the bok choy. Slice the base off each bunch and separate the stems. Give them a good wash and pat dry.
5. Heat the vegetable oil in a wok or frying pan over high heat. Add the garlic, stir-fry for 10 seconds, then add the bok choy. Stir fry for 4-5 minutes, until the stems start to soften.
6. Add the soy sauce and sesame oil and stir-fry for 1 minute. Serve over steamed rice with the baked chicken.



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