

Chinese Five Spice Chicken with Broccoli

From the land that gave us dragons and fireworks, there is no greater spectacle than Chinese Five Spice. We've journeyed to the end of the Silk Road to bring you this coveted treasure, so get ready to watch the sparks fly!



Prep: 15 mins Cook: 15 mins **Total:** 30 mins



level 1















Soy Sauce



Vegetable Oil Hot Water













Jasmine Rice

Broccoli

Green Beans

Ginger









Chinese Five Spice

Free Range Chicken Thighs

Brown Onion

Long Red Chilli

QTY	Ingredients	
2 packets	Jasmine rice, rinsed well	
6 cups	water *	
1 head	broccoli, chopped into small florets	
⅓ packet	green beans, trimmed	1
2 tsp	sesame oil *	
⅓ cup	salt-reduced soy sauce *	
1 tbs	brown sugar *	
1 knob	ginger, peeled & finely grated	
2 cloves	garlic, peeled & finely grated	+
½ sachet	Chinese five spice (recommended amount)	
1/4 cup	hot water *	
1 packet	free range chicken thighs, chopped into 3 cm pieces	
2 tsp	vegetable oil *	
1/2	brown onion, finely sliced	
1	long red chilli, deseeded & finely sliced (optional)	

	Ingredient features in another recipe			
* Pantry Ite	* Pantry Items			
Pre-prepa	Pre-preparation			
Nutrition per	Nutrition per serve			
Energy	2530	Kj		
Protein	43.4	g		
Fat, total	17.2	g		
-saturated	4.5	g		
Carbohydrate	66.6	g		
-sugars	3.6	g		



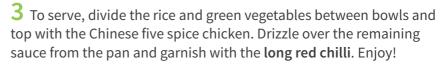
You will need: chef's knife, chopping board, sieve, fine grater, medium saucepan with a lid, tongs, medium bowl, fork, large mixing bowl, large frying pan and wooden spoon.



1 Place the Jasmine rice and the water in a medium saucepan and bring to the boil over a high heat. Cover with a lid and reduce the heat to medium. Simmer, covered, for 8 minutes. Add the broccoli and green beans and cook for an extra 3-4 minutes, or until the rice and vegetables are tender. Remove the vegetables with tongs and set aside. Drain the Jasmine rice and place it back in the saucepan.



2 Meanwhile, in a medium bowl combine the sesame oil, salt-reduced soy sauce, brown sugar, ginger, garlic, Chinese five spice and hot water, and whisk with a fork. Place the chicken thighs in a separate large mixing bowl. Pour half of the sauce over the chicken and toss to coat. Set aside the remaining sauce to use later. Heat a large frying pan with the vegetable oil over a medium-high heat. Cook the chicken and brown onion for 5-6 minutes, or until cooked through. Remove the chicken from the pan. Add the reserved sauce to the pan. Cook for 1 minute, or until heated through. Remove the pan from the heat.





Did you know? It is believed that Chinese five spice was developed to encompass all five tastes; sweet, sour, bitter, salty and umami.