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WK51
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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



eat me
early

Pantry Items



Water



Sesame Oil



Salt-Reduced
Soy Sauce



Brown
Sugar



Hot Water



Vegetable Oil



Jasmine Rice



Broccoli



Green Beans



Ginger



Garlic



Chinese Five Spice



Free Range
Chicken Thighs



Brown Onion





Long Red Chilli

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QTY	Ingredients
2 packets	Jasmine rice, rinsed well
6 cups	water *
1 head	broccoli, chopped into small florets
1/3 packet	green beans, trimmed
2 tsp	sesame oil *
1/4 cup	salt-reduced soy sauce *
1 tbs	brown sugar *
1 knob	ginger, peeled & finely grated
2 cloves	garlic, peeled & finely grated
1/2 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 Items
-  Pre-preparation

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
Sodium	858	mg



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.

3 To serve, divide the rice and green vegetables between bowls and top with the Chinese five spice chicken. Drizzle over the remaining sauce from the pan and garnish with the **long red chilli**. Enjoy!

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