



Sticky Chinese five-spice chicken traybake



Prep: 10 mins

Cook: 40 mins

plus marinating



Easy



Serves 4



Ingredients

8 chicken thighs, skin on and bone in

4 tbsp hoisin sauce

2 tsp sesame oil

2 tbsp clear honey

1 ½ tsp Chinese five-spice powder

thumb-sized knob of ginger, grated

2 garlic cloves, grated

bunch spring onions, chopped

50g cashew nuts, toasted

cooked brown rice, to serve

Method

Step 1 Heat oven to 200C/180C fan/gas 6. Arrange the chicken thighs in a large roasting tin and slash the skin 2-3 times on each thigh. Mix together the hoisin, sesame oil, honey, five-spice, ginger, garlic and some seasoning. Pour over the chicken and toss to coat – you could now marinate the chicken for 2 hrs, or overnight if you have time. Roast, skin-side up, for 35 mins, basting at least once.

Step 2 Stir through the cashew nuts and sprinkle the spring onions over the chicken. Return to the oven for 5 mins, then serve with brown rice.