



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Chinese Five Spice

Five spice powder is a blend of fragrant sweet spices including cinnamon, star anise, cloves, fennel seeds and Sichuan peppercorns. It is popular in Chinese, Thai and Vietnamese cuisine.



2 Five Spice Chicken with Fried Rice

Oven roasted, Chinese five spice chicken served with family favourite fried rice.

 30 minutes

 4 servings

 Chicken

12 November 2021

Keep it fresh!

Instead of fried rice, make a coleslaw with the Asian greens, corn, carrot and spring onions. Dress with sesame oil, soy sauce and sweet chilli sauce. Serve plain rice as a side with the chicken.

FROM YOUR BOX

BASMATI RICE	300g
CHICKEN CHOPS	4 pack
SPRING ONIONS	1/2 bunch *
GARLIC CLOVES	2
CARROTS	2
CORN COB	1
ASIAN GREENS	1 bunch

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (sesame or other), pepper, soy sauce, Chinese five spice (see notes), oyster sauce (see notes)

KEY UTENSILS

saucepan, oven dish, frypan

NOTES

If you don't have oyster sauce, add a little extra soy or replace with sweet chilli sauce.

If you are not a fan of Chinese five spice you can just use soy sauce on the chicken.

Shred the chicken once cooked and fold through the rice for an easy to eat option.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan, cover with x 1.5 amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. COOK THE CHICKEN

Slash chicken chops in 3-4 places. Rub with **oil**, **1 tsp Chinese five spice** (see notes) and **2 tsp soy sauce** in a lined oven dish. Roast for 20-25 minutes until golden and cooked through.



3. CHOP THE VEGETABLES

Slice spring onions (keep some green tops for garnish), crush garlic, julienne or grate carrots, remove corn kernels from cob and slice Asian greens.



4. COOK THE VEGETABLES

Heat a large frypan with **2 tbsp oil**. Add vegetables and stir fry for 5-6 minutes until just wilted.



5. FINISH FRIED RICE

Add rice to vegetables and toss together with **2 tbsp soy sauce** and **1 tbsp oyster sauce**. Season with extra **soy sauce** and **pepper**.



6. FINISH AND SERVE

Serve fried rice with roasted five spice chicken (see notes).

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