



Sticky Chinese Chicken

Preparation: 10 mins
Cook: 45 mins
Ready: 55 mins
Serves: 8 children and 1 adult

Ingredients

- 9 chicken thighs, skin on and bone in
- 4 tbsp hoisin sauce
- 2 tsp vegetable oil (sesame oil preferred)
- 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 (optional)

Method

1. Heat oven to 200C/180C fan/gas 6.
2. Arrange the chicken thighs in a large roasting tin and slash the skin 2-3 times on each thigh.
3. Mix together the hoisin, oil, honey, five-spice, ginger, garlic and some seasoning.
4. Pour over the chicken and toss to coat – you could now marinate the chicken for 2 hrs, or overnight if you have time.
5. Roast, skin-side up, for 45 mins, basting at least once.
6. Sprinkle the spring onions and cashews (if usng) over the chicken. Return to the oven for 5 mins.