



## Chinese 5 Spice Chicken

Prep: 20 mins

Cook: 1hr 30mins

Total: 1hr 50mins

Servings: 8 children plus 1 adult

### Ingredients

- 1 kg chicken thighs
- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- $\frac{1}{3}$  dark soy sauce
- 2 tablespoons vegetable oil
- 2 teaspoons five-spice powder

### Method

1. Place the chicken pieces in a large dish or plastic bag.
2. Mix the remaining ingredients and pour over the chicken.
3. Marinate refrigerated overnight.
4. Transfer the chicken to a baking dish and brush with the marinade.
5. Cover with foil and cook for 1 hour in a preheated 160c oven for 1 hour basting twice throughout the 1 hour cook.
6. Uncover the chicken, brush with marinade, and cook for a further 30 minutes to brown.

Adapted from <https://www.food.com/recipe/chinese-five-spice-chicken-225107#activity-feed>