

Honey, Soy & Five-spiced Baked Chicken



Serves 4

Prep 5 mins

Cooking 1hr

Easy

+30 mins marinating

Ingredients

1 tsp five -spice powder

4 tbsp light soy sauce

3 tbsp runny honey

1 tbsp vegetable oil + extra for the tin

40g ginger, peeled and grated or 3/4 tsp of ground ginger

2kg skin-on, bone-in chicken thighs

bunch of spring onions, trimmed and finely chopped

2 handfuls of parsley or coriander leaves, chopped

2 tsp sesame seeds

1. Whisk the five-spice, soy sauce, honey and oil together in a large bowl. Stir in the ginger. Add the chicken thighs and turn them over in the marinade, using your hands until evenly coated. Leave to marinate for at least 30 mins.
2. Heat the oven to 200C/ 180C fan/ gas 6. Oil a roasting tin large enough for the chicken to fit snugly inside. Put the thighs skin-side up in the roasting tin and pour over the marinade. Roast for 40 mins, basting halfway through. Turn up the heat to 220C/200C fan/gas 7 and cook for another 20-25 mins until the skin is crisp.
3. To serve, scatter with the spring onions, parsley or coriander and sesame seeds, and drizzle over any remaining sauce from the tin.
4. Serve with rice
5. Strip any leftover chicken from the bone and store it in an airtight container with any extra sauce. Leave to cool completely, then chill for up to 2 days. It can be used as a base for a delicious chicken stir-fry.