

Char Siu (Chinese BBQ) Chicken

Yield: 4 min
Total Time: 110 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-style-barbecue-chicken-recipe>

Ingredients:

- boneless chicken breast chicken -, or thighs. I used skinless chicken but you can keep the skin on if you prefer.
- hoisin sauce
- honey
- vegetable oil
- dark soy sauce
- garlic
- ground black pepper
- 2 pounds chicken breasts or thighs, boneless and skinless
- 1/3 cup hoisin sauce
- 2 tablespoons liquid honey
- 1 tablespoon vegetable oil
- 1 tablespoon dark soy sauce
- 1 tablespoon garlic minced
- sesame seeds for garnish, optional
- 1/4 cup hoisin sauce
- 2 tablespoons honey
- 1 tablespoon red bean curd fermented, optional, for colouring
- 1 teaspoon ground black pepper

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 210 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 71 grams

7. SaturatedFat: 4.5 grams
 8. Sodium: 1780 milligrams
 9. Sugar: 38 grams
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