

Sticky Chinese Five Spice Chicken

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-five-spice-chicken-thighs-recipe-crockpot>

Ingredients:

- 4 boneless chicken thighs skin-on, or any skin-on chicken pieces
- 3 tablespoons hoisin
- 2 tablespoons honey
- 1 tablespoon oyster sauce
- 1 tablespoon dark soy sauce
- 3 garlic cloves finely grated
- 2 teaspoons Chinese five-spice Homemade, , you can use store-bought too
- 7/8 pound Chinese broccoli gai lan
- steamed rice to serve
- sauce Basting
- 2 tablespoons honey
- 1 tablespoon dark soy sauce

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 110 milligrams
4. Fat: 22 grams
5. Fiber: 5 grams
6. Protein: 25 grams
7. SaturatedFat: 6 grams
8. Sodium: 1000 milligrams
9. Sugar: 25 grams

Thank you for visiting our website. Hope you enjoy Sticky Chinese Five Spice Chicken above. You can see more 17 chinese five spice chicken thighs recipe crockpot You won't believe the taste! to get more

great cooking ideas.