



FIVE SPICE CHICKEN

WITH BLUEBERRY SAUCE

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 45 minutes

A gourmet Chinese-inspired meal! This five spice chicken is topped with a generous spoonful of sweet yet tangy blueberry sauce. Serve with creamy kumara mash and tender bok choy.



CHICKEN

- 10 chicken drumsticks (approximately 1.3kg / 2lb 14oz)
- 1 tsp Chinese five spice
- 1 tsp olive oil

MASH

- 800g orange kumara (1lb 12oz)
- 2 Tbsp butter
- 60g baby spinach (2.1oz)

SAUCE

- 1 Tbsp balsamic vinegar
- 1 Tbsp soy sauce
- 1/2 Tbsp brown sugar

- 1 tsp sesame oil
- 1/2 tsp Chinese five spice
- 2 cloves garlic
- 1 Tbsp butter
- 100g fresh blueberries (3.5oz)
- 1 tsp chicken stock powder dissolved in 1 cup boiling water (250ml)
- 1 tsp cornflour mixed with 2 tsp water

TO SERVE

- 250g Shanghai bok choy (8.8oz)
- 1 tsp sesame oil

1. COOK CHICKEN

Preheat oven to 180°C (360°F) fan bake and line a large oven or roasting tray with baking paper.

2. Season chicken all over with Chinese five spice, salt and pepper. Heat oil in a large frying pan on medium-high. Sear chicken for a minute each side (you may need to do this in batches), then transfer to prepared tray (use frying pan to make sauce in later). Bake for 30 minutes, until cooked through.

3. MAKE MASH

Meanwhile, peel kumara and chop into large cubes. Place in a large saucepan and cover with water. Bring to the boil and cook for 18 minutes, until tender.

4. MAKE SAUCE

Whisk together vinegar, soy sauce, sugar, sesame oil and Chinese five spice. Crush garlic. Melt butter on medium heat in pan used to sear chicken. Add garlic and cook for 1 minute. Add vinegar mixture and simmer for 2 minutes. Stir in blueberries, chicken stock mixture and cornflour mixture. Simmer until sauce has thickened (about 5 minutes). Season to taste with salt and pepper and reduce heat to very low to keep warm.

5. SERVE

Trim ends off bok choy. Place bok choy in a heatproof dish and cover with boiling water. Leave for 2-3 minutes, until tender, then drain. Drizzle over sesame oil.

6. Drain kumara well, then add butter and mash until smooth. Season to taste with salt and pepper and stir in spinach. Divide between warmed serving plates or bowls and top with chicken, bok choy and sauce.



WINE MATCH: An off-dry Riesling.

FIVE SPICE CHICKEN RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free soy sauce, stock powder and cornflour.

INGREDIENT SWAPS / NOTES: Prefer boneless chicken? Use 600g / 1lb 5oz boneless, skinless chicken thighs instead (reduce cooking time to 20-25 minutes). If fresh blueberries aren't available, use frozen blueberries instead.

STORING AND REHEATING: Store individual portions in containers in the fridge and reheat in the microwave.