



Five-spice, soy & lemon roast chicken



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



4149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 piece ginger thinly sliced
- ☐ 1.8 kg cooking fat
- ☐ 2 bunches spring onion
- ☐ 1 head garlic halved
- ☐ 1 optional: lemon halved
- ☐ 1 tsp five-spice powder chinese
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 tsp brown sugar

- ☐ 2 tbsp soya sauce dark
- ☐ 2 tbsp hoisin sauce
- ☐ 1 serving savory vegetable steamed

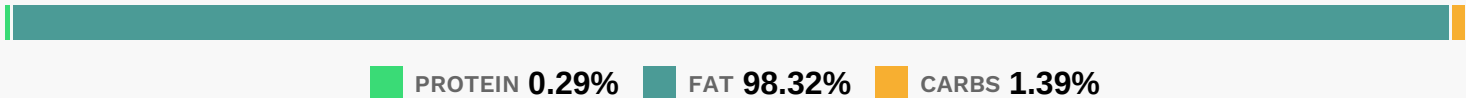
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Put most of the sliced ginger into a large roasting tin, then sit the chicken on top. Stuff the chicken with remaining ginger, the green ends from one bunch of onions, half of the garlic and a lemon half.
- ☐ Mix the five-spice, 2 tsp oil and seasoning, then rub all over the chicken. Nestle the other half of the garlic nearby, and drizzle all with 1 tsp oil. Loosely re-tie the legs. Set aside at room temperature for half an hour or so.
- ☐ Heat the oven to 190C/170C fan/gas
- ☐ Roast the chicken for 1 hr. Toss the lemon wedges and the spring onion ends into the pan juices, then roast for 30 mins more or until the meat is cooked at the thickest part of the thigh and the lemon wedges are sticky. Lift the chicken from the pan and set aside, uncovered, to rest.
- ☐ Spoon away any excess fat from the pan, then put the pan onto a medium heat and bring to a simmer.
- ☐ Add 1 tsp sugar, the soy, hoisin, juice from the remaining half lemon and any resting juices. Simmer for a few mins until it thickens slightly, then check the seasoning and add more sugar if needed – don't add any extra salt as the soy and hoisin will add plenty.
- ☐ Serve with the chicken, rice and vegetables.

Nutrition Facts



Properties

Glycemic Index:40.63, Glycemic Load:2.36, Inflammation Score:-6, Nutrition Score:15.330000042915%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 4148.67kcal (207.43%), Fat: 453.2g (697.24%), Saturated Fat: 134.54g (840.86%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 12g (4.36%), Sugar: 4.17g (4.63%), Cholesterol: 382.74mg (127.58%), Sodium: 647.13mg (28.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin D: 21.6µg (144%), Vitamin E: 13.73mg (91.51%), Vitamin C: 21.24mg (25.74%), Vitamin A: 1281.94IU (25.64%), Vitamin K: 25.19µg (23.99%), Manganese: 0.27mg (13.48%), Fiber: 2.46g (9.82%), Vitamin B6: 0.16mg (8.18%), Iron: 0.99mg (5.48%), Folate: 21.12µg (5.28%), Potassium: 183.61mg (5.25%), Phosphorus: 48.26mg (4.83%), Magnesium: 18.11mg (4.53%), Copper: 0.09mg (4.44%), Vitamin B3: 0.89mg (4.44%), Vitamin B1: 0.07mg (4.35%), Vitamin B2: 0.07mg (4.33%), Calcium: 39.32mg (3.93%), Selenium: 2.4µg (3.43%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.18mg (1.83%)