

**OVERALL time: 60 mins**

# STICKY 5 SPICE CHICKEN SALAD BOWLS

Give your next summer salad an oriental twist! Take your tastebuds on a trip to Asia with this delicious Sticky Chicken Salad Bowl, elevated with a shake of our aromatic **Cape Herb & Spice Chinese 5 Spice** meal solution.

Metric

**Number of servings : 4**

## ingredients

### For the chicken

- 600 g Free-range chicken thighs, deboned & skinless
- 60 ml Hoisin sauce
- 30 ml Ginger, grated
- 15 ml **Cape Herb and Spice Chinese 5 Spice**

### For the rice

- 240 ml Uncooked brown rice
- 720 ml Water
- 5 ml Cape Herb & Spice Salt

### For the salad

- 180 g Mixed leafy greens
- 1 Mediterranean cucumber, sliced
- 2 Pink radishes, thinly sliced
- 2 Spring onions, finely sliced
- 15 ml Mixed sesame seeds
- Juice of 2 limes
- Cape Herb & Spice Salt and Pepper, to taste

**THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 15 mins | COOKING TIME: 45 mins**

For the chicken:

Place chicken thighs in a mixing bowl.

Add the hoisin, soy sauce, garlic, ginger and **Cape Herb & Spice Chinese 5 Spice Seasoning**.

Mix well.

Cover the bowl with cling film and marinate in the fridge for 2 hours or overnight.

Oven cooking instructions:

Preheat oven to 200°C with the fan on.

Place chicken thighs onto a baking tray lined with baking paper.

Spoon over all residual marinade.

Bake for 15-20 minutes until the chicken is cooked through.

Remove from the oven and set aside to rest.

Air fryer cooking instructions:

Preheat air fryer to 180°C.

Coat the basket with olive oil cooking spray.

Place thighs in air fryer basket and spoon over residual marinade.

Cook for 12-14 minutes until the chicken is cooked through.

Remove from the air fryer and set aside to rest.

For the brown rice:

Add rice, water and **Cape Herb & Spice Salt** to a medium sized pot.

Cover and bring to a boil.

Turn the heat down to a simmer and simmer for 30-40 minutes or according to package instructions until tender.

Switch off the heat and allow rice to steam for a few minutes.

Uncover and fluff with a fork.

Leave to cool.

To assemble the salad:

Combine mixed leafy greens, cucumber and radish.

Divide between 4 bowls.

Add the brown rice and then top with sticky five spice chicken.

Sprinkle the chicken with sesame seeds and sprinkle the bowls with spring onions.

Season the salad with a little **Cape Herb & Spice Salt and Pepper**.

Drizzle each bowl with fresh lime juice and serve!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>

Metric

## ingredients

### For the chicken

- 600 g Free-range chicken thighs, deboned & skinless
- 60 ml Hoisin sauce
- 30 ml Ginger, grated
- 15 ml **Cape Herb and Spice Chinese 5 Spice**

### For the rice

- 240 ml Uncooked brown rice
- 720 ml Water
- 5 ml Cape Herb & Spice Salt

### For the salad

- 180 g Mixed leafy greens
- 1 Mediterranean cucumber, sliced
- 2 Pink radishes, thinly sliced
- 2 Spring onions, finely sliced
- 15 ml Mixed sesame seeds
- Juice of 2 limes

- Cape Herb & Spice Salt and Pepper, to taste

**Number of servings : 4**

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 15 mins | COOKING TIME: 45 mins**

For the chicken:

Place chicken thighs in a mixing bowl.

Add the hoisin, soy sauce, garlic, ginger and **Cape Herb & Spice Chinese 5 Spice Seasoning**.

Mix well.

Cover the bowl with cling film and marinate in the fridge for 2 hours or overnight.

Oven cooking instructions:

Preheat oven to 200°C with the fan on.

Place chicken thighs onto a baking tray lined with baking paper.

Spoon over all residual marinade.

Bake for 15-20 minutes until the chicken is cooked through.

Remove from the oven and set aside to rest.

Air fryer cooking instructions:

Preheat air fryer to 180°C.

Coat the basket with olive oil cooking spray.

Place thighs in air fryer basket and spoon over residual marinade.

Cook for 12-14 minutes until the chicken is cooked through.

Remove from the air fryer and set aside to rest.

For the brown rice:

Add rice, water and **Cape Herb & Spice Salt** to a medium sized pot.

Cover and bring to a boil.

Turn the heat down to a simmer and simmer for 30-40 minutes or according to package instructions until tender.

Switch off the heat and allow rice to steam for a few minutes.

Uncover and fluff with a fork.

Leave to cool.

To assemble the salad:

Combine mixed leafy greens, cucumber and radish.

Divide between 4 bowls.

Add the brown rice and then top with sticky five spice chicken.

Sprinkle the chicken with sesame seeds and sprinkle the bowls with spring onions.

Season the salad with a little **Cape Herb & Spice Salt and Pepper**.

Drizzle each bowl with fresh lime juice and serve!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>