



cara price

HOISIN CHICKEN & BRUSSELS SPROUTS

INGREDIENTS

8 pieces chicken thighs, boneless, skinless
1 recipe of hoisin sauce
1 teaspoon sesame oil
1 teaspoon chinese 5-spice
1 teaspoon salt
1/4 teaspoon red pepper flakes
1 pound brussels sprouts, trimmed & cut in half
quality spray oil
freshly ground salt
optional: sesame seeds for garnish

DIRECTIONS

preheat the oven to 450 & spray a large cookie sheet with oil.

combine 3 tablespoons of hoisin sauce with sesame oil, chinese 5-spice, salt & red pepper flakes.

rub the marinade all over the chicken thighs. place the chicken pieces on the sheet pan & then spread the trimmed brussels sprouts all around the chicken. give it all another light spray of oil.

bake 20 minutes in the top half of the oven.

remove the pan from the oven & lightly sprinkle fresh salt on top of the chicken & brussels, then pour the remaining hoisin sauce over the entire pan.

garnish with sesame seeds if desired.