



ASIAN CHICKEN

Makes 4 servings.

This chicken is easy to prepare and is well seasoned with an interesting flavor.

INGREDIENTS

- 4 boneless organic chicken thighs with skin, each portion about 6 ounces (See Note)

MARINADE

- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, finely chopped
- 2 tablespoons honey
- 3 tablespoons hoisin sauce
- 3 tablespoons lemon juice
- 2 tablespoons low-sodium soy sauce
- 1 teaspoon Chinese five-spice powder
- ½ teaspoon Kosher salt
- Freshly ground black pepper

PREPARATION

1. Pat chicken dry with paper towels and season lightly on both sides with salt and pepper.
2. In a small bowl combine the marinade ingredients.

3. Place the chicken in a zip lock bag and pour the marinade to coat the chicken well.
4. Refrigerate for as long as your time allows.
5. Preheat the oven to 400F.
6. Place the chicken skin side down with the marinade in an oven proof dish that fits the chicken in a single layer. Cover the dish with foil and roast for 30 minutes. Uncover, turn over and roast for about another 25 minutes. Chicken should be tender.
7. Serve with degreased accumulated juices.

NOTE

Organic chicken thighs tend to be small, therefore in order to get 6 ounces boned portions per person, I use 2 thighs.