

Five Spice Chicken in Tangerine Sauce

**Community
Wellness Center**
at Newark Beth Israel Medical Center

 **Newark Beth Israel Medical Center**
Children's Hospital of New Jersey
Barnabas Health

Life is better healthy.

Ingredients:

4-5 Small Tangerines (may substitute clementines or mandarins)
¼ tsp Five Spice seasoning*
¼ tsp-1/2 tsp fresh grated pink peppercorns
1 tsp oil (vegetable)
2 chicken thighs, skinless
2 T chopped cilantro
1T sliced scallions, green part only
1 1/2 tsp toasted sesame oil
½ T toasted sesame seeds (optional)

Directions:

1. Zest tangerines and juice, leaving one whole.
2. Thinly slice whole tangerine and put aside.
3. In medium non-stick skillet brown chicken breasts.
4. While breasts are cooking, combine zest, tangerine juice, five spice powder, and fresh grated peppercorns.
5. Once chicken is browned on both sides cover with tangerine juice and simmer until chicken is cooked through.
6. Remove cooked chicken to plate and cover with foil. Continue to cook sauce until reduced by half. Add fresh scallions, cilantro and sesame oil. Place sliced tangerines in sauce and cook until heated through.
7. Place chicken in sauce to heat to serving temperature.
8. Serve chicken drizzled with sauce and garnished with heated tangerine slices.

Nutrition Facts:

Recipe produces 2 servings. Each serving: Calories 267, Protein 20g, Fat 11g, Carbohydrate 24g, Fiber 4g, Sodium 71mg, Added Sugar 0g.

NOTES:

*Five spice powder may be purchased or home-made.

Five Spice Powder

Five-spice powder encompasses all five flavors - sweet, sour, bitter, pungent, and salty. This recipe showing [how to make five-spice powder](#) is reprinted with permission from Raphael Meyer, American Kashrus Services.

Difficulty: N/A

Time Required: 15 minutes

Here's How:

1. In a dry skillet, roast [2 teaspoons of Szechuan peppercorns](#) by shaking the pan over low to medium heat until the aroma of the peppercorns is released (about three minutes).
1. Grind the [roasted peppercorns](#) and [8 star anise](#) in a blender or pepper mill.
2. Strain the [blended seasonings](#).
3. Mix in 1/2 teaspoon ground cloves, 1 tablespoon ground cinnamon, and 1 tablespoon ground fennel seeds.
4. Grind the seasonings until very fine.

Store in an airtight container

