



www.TheFrugalChef.com

Five-Spice Grilled Chicken Thighs

This recipe needs some planning ahead because the chicken needs to marinate for a good 4 hours so make sure you take that into consideration. You will be very happy with the end result! It is delicious!

Here is what you will need for this:

10 medium, skinless chicken thighs

2 tablespoons Chinese five-spice powder

1 teaspoon garlic powder

1 tablespoon brown sugar

1/2 cup soy sauce

1/4 cup rice vinegar

1 tablespoon sesame oil

1 teaspoon crushed red pepper flakes

2 tablespoons chopped cilantro

Trim off all the excess fat from the chicken. Rinse and pat dry it. Place it in a dish.

In a bowl, whisk together the soy sauce, rice vinegar, sesame oil, five spice powder, garlic powder, brown sugar and red pepper flakes. Pour the marinade on to the chicken, flipping around to coat well. Cover and place into the refrigerator. Marinate for at least 4 hours.

Heat the grill on high for 20 minutes. Clean the grates and lubricate them with an oil soaked paper towel. Reduce heat to medium.

Remove the chicken from the marinade and place on the grill. If you have a gas grill, cover it. Otherwise, keep your charcoal grill uncovered. Cook the thighs for 4 to 5 minutes and flip. Cook for an extra 4 to 5 minutes and remove from grill. Sprinkle the cilantro on the cooked chicken and toss to coat. Serve.

©TheFrugalChef™ 2009