

HOW TO USE · CHINESE FIVE SPICE

FIVE-SPICE ROAST PORK

A classic, salt-free five-spice blend of cinnamon, star anise, fennel, clove, ginger and white pepper.

SERVES	PREP	COOK
4	15 min	45 min

INGREDIENTS

- 800 g pork scotch fillet or pork belly, in one piece
- 1 tbsp oil
- 2 tsp Chinese Five Spice
- 1 tsp salt, or to taste
- 2 tbsp honey or brown sugar



METHOD (oven)

1. Pat the pork dry. Rub with the oil, Chinese Five Spice and salt. Leave 20 minutes if you have time.
2. Roast at 200°C fan-forced for 35–45 minutes, depending on thickness, until cooked through. Brush with the honey for the last 10 minutes.
3. Rest 10 minutes, then slice and serve with rice and steamed greens.

FIVE-SPICE ROAST PORK

FIVE-SPICE STIR-FRY

10–12 min

Quick weeknight

1. Stir-fry 400 g sliced pork or chicken in 1 tbsp oil.
2. Add 1 tsp Chinese Five Spice, a splash of soy and a pinch of sugar.
3. Toss through steamed greens and serve with rice.

ROAST VEGETABLES

200°C fan · 30–35 min

Salt-free tray

1. Toss 800 g vegetables with 2 tbsp oil, 1–2 tsp of the blend and salt to taste.
2. Roast at 200°C fan-forced for 30–35 minutes.
3. Serve with meat or as a side.

FIVE-SPICE MARINADE

chill 1 hr

For chicken or duck

1. Mix 2 tsp of the blend with 1 tbsp oil, 1 tbsp soy and 1 tsp honey.
2. Coat 4 chicken thigh fillets and chill 1 hour.
3. Pan-fry or roast until cooked through.

OTHER WAYS TO USE IT

- → Dust over fried nuts or roasted cashews with a pinch of salt.
- → Stir a pinch into a fruit crumble for a warm spice note.
- → Sprinkle over roast duck or chicken skin.

ALLERGENS May be present: Soy, Gluten, Mustard, Sesame.
SALT-FREE BLEND no salt is added, so season with salt at the table if you want it.