

Australian Native Food Education Kit

Anise Myrtle 5 Spice Chicken wraps

Serves 2

A simple way to enjoy Asian style flavours with Australia's native "star" anise myrtle. What makes this stand out is the crispy skin texture – the "chicken crackling" – if you can achieve it ! So good with the other textures in a soft chewy wrap or fluffy Chinese steam buns. Eggplant slices are a nice vegetarian option

2 boneless chicken thighs skin on!
or 1 small eggplant
2-3 pinched salt flakes
1 heaped tsp Creative Native Anise Myrtle 5 Spice

Absorbent kitchen paper
1 dsp flour or GF Flour/rice flour
1 tsp sesame oil

Pat the chicken skin quite dry with the paper. Place skin side down on a chopping board and slice the thickest part of the flesh to open out (or butterfly) to allow a similar thickness of meat all over the thigh. Season the flesh with the AM 5 Spice. Place thighs on a plate skin up, season generously with salt and leave in the fridge for 10-20 mins (or an hour or more) to allow to draw out the moisture to better dry the skin. Pat dry again with paper and just before cooking dip skin side into the flour, shake off the excess.

Heat the oil in a non-stick pan and cook over medium heat for 8-10 minutes just on the skin side. Check often and adjust the heat so you don't burn the skin but achieve a lovely crisp golden brown. the meat side will almost be cooked through, so when ready to serve quickly flip the thighs to sear on the flesh side for no more than a minute. Remove and slice the chicken into strips.

4-6 tortilla wraps or Chinese pancakes
2-3 tbsp hoisin sauce

1 Lebanese cucumber (cut into thin strips)
½ small bunch coriander
1 red or green chilli cut into julienne strips (optional)
2-3 spring onions – trimmed and sliced diagonally into fine strips

While the chicken is cooking arrange all the fresh garnishes and a small bowl of hoi sin on a platter ready to serve. Quickly microwave or pan fry the wraps to just warm through when the chicken is almost done.

Present all the elements on plates or a large platter on the table for each person to smear a tsp of sauce on to the wrap, followed by the crispy chicken and garnishes of their choice, enjoy !