



Chinese Hoisin BBQ Sauce

This Asian-inspired sauce is a great marinade for chicken, pork, or salmon dishes. Aromatic, pungent, and spicy, the ginger adds a special flavour and zest to this recipe. Historically, ginger has a long tradition of being very effective in alleviating symptoms of gastrointestinal distress, and modern scientific research has revealed that ginger also exhibits antioxidant and anti-inflammatory effects.

Prep: 5 minutes • Total: 15 minutes

Ingredients:

Hoisin sauce	¾ cup	187.5 mL
Sesame oil	¼ cup	75 mL
Chinese fermented black beans	1 tbsp	15 mL
Red chilli flakes	¾ tsp	3.75 mL
Peeled ginger coins <i>(sliced ¼ inch thick)</i>	5 pieces	5 pieces
Star anise	2 pieces	2 pieces
Grated orange zest	1 orange	1 orange

Directions:

1. Combine all ingredients in a small saucepan.
2. Slowly simmer for 10 minutes.
3. Remove from heat and strain before using.

Nutrition Facts

Serving Size (65g)		Servings Per Container	
Amount Per Serving			
Calories 120	Calories from Fat 70		
% Daily Value*			
Total Fat 8g	12%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 390mg	16%		
Total Carbohydrate 12g	4%		
Dietary Fiber 1g	4%		
Sugars 7g			
Protein 1g			
Vitamin A 2%	• Vitamin C 6%		
Calcium 2%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Adapted from: The London Training Centre

Makes 8 servings (65g / serving) • 1 serving = marinade for 1 chicken breast

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