



5-Spice Chicken with Mushrooms & Veggies

The First Bite That Hooked Me

The smell hit me first—garlic, five-spice, and sizzling chicken. My neighbor Li brought this dish to a potluck. One bite, and I begged for the recipe. The mix of earthy mushrooms and crisp zucchini won me over.

Ever wondered how you could turn weeknight chicken into something unforgettable? This dish does it. The soy sauce ties it all together like a cozy blanket. Try it once, and you'll crave it forever. What's the last dish that stole your heart? Share below!

My Messy First Attempt

I burned the garlic. Badly. My kitchen smelled like a campfire for hours.

But the chicken? Still juicy thanks to those saved juices. **Cooking teaches patience—and that mistakes can still taste great.** Home cooking isn't about perfection. It's about feeding people you love. Now I double-check the heat before adding garlic. What's your biggest kitchen oops? Mine's still that garlic!

Why This Dish Shines

– Five-spice powder adds warmth without overpowering. It's like a hug in a spice jar. – The spinach wilts just right, adding a fresh pop to each bite. **Which flavor combo surprises you most—spicy chicken or sweet zucchini?** The textures play nice too. Tender mushrooms, crisp veggies, juicy chicken. It's a party in your mouth.

A Dish With Roots

This recipe nods to Chinese stir-fry traditions but keeps it simple for busy cooks. Five-spice powder dates back to ancient medicine. *Did you know it often stars in festive dishes?* I skipped hard-to-find ingredients to make it weeknight-friendly. Food connects us across time and place. What's your favorite dish with a story? Tell me in the comments!



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Ingredients:

Ingredient	Amount	Notes
Olive oil	8 teaspoons	
Onion	1 medium	Chopped
Garlic	4 cloves	Minced
Chicken breast	2 lbs	Cut into bite-sized pieces
Chinese five-spice powder	1 teaspoon	
Salt	1 teaspoon + more to taste	
Pepper	½ teaspoon + more to taste	
Mushrooms	16 oz	Sliced (recommended: a mix of oyster & shiitake)
Zucchini	2 medium	Sliced into thin semi-circles
Fresh spinach	4 oz	
Low-sodium soy sauce	¼ cup	

How to Make 5-Spice Chicken with Mushrooms & Veggies

Step 1

See also Cream Cheese Lasagna Recipe
Heat oil in a skillet over medium-high heat. Add onion and cook until soft. Stir in garlic for 1 minute. It should smell amazing. (Hard-learned tip: Don't burn the garlic—it turns bitter fast.) **Step 2** Add chicken, five-

spice powder, salt, and pepper. Cook until no pink remains. Use a thermometer for safety. Chicken should hit 165°F. **What's your go-to chicken doneness test? Share below!** **Step 3** Move chicken to a bowl. Save those tasty juices. They'll add flavor later. Trust me, don't skip this. **Step 4** Sauté zucchini and mushrooms in the same pan. Add a pinch more salt. Cook until mushrooms are tender. Easy, right? **Step 5** Toss in spinach, then add the chicken back. Pour soy sauce over everything. Cover and cook until spinach wilts. Done! **Cook Time:** 23 minutes **Total Time:** 35 minutes **Yield:** 6 servings **Category:** Dinner, Asian-Inspired

3 Fun Twists on This Dish

Vegetarian Swap chicken for tofu or chickpeas. Use extra mushrooms for heartiness. Same spices, same yum. **Spicy** Add red pepper flakes or sriracha. Kick it up a notch. Perfect for heat lovers. **Seasonal** Try butternut squash in fall. Or snap peas in spring. Fresh picks make it shine. **Which twist would you try? Vote in the comments!**

Serving & Sipping Ideas

Serve over rice or noodles. Garnish with sesame seeds or green onions. Simple but fancy. Pair with jasmine tea (non-alcoholic) or a crisp lager (alcoholic). Both balance the spices well. **Which would you choose tonight?**



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Storing and Reheating Tips

Keep leftovers fresh in the fridge for 3–5 days. Use airtight containers to lock in flavor. Freeze portions for up to 2 months—thaw overnight before reheating. *Fun fact: Spinach holds up better if added just before serving.* Reheat gently in a skillet with a splash of water to keep it moist. Batch-cooking? Double the veggies for extra meals. Why this matters: Proper storage keeps food safe and tasty. Ever tried freezing this dish? Share your results!

See also [A Classic Creole Red Beans and Rice Dish](#)

Common Issues and Fixes

Chicken too dry? Cook it just to 165°F—overcooking sucks out moisture. Mushrooms soggy? Sauté them alone first to crisp edges. Spinach wilting too fast? Stir it in last, right before serving. Why this matters: Small tweaks make big flavor differences. I once forgot the soy sauce—total bland disaster! What’s your biggest kitchen oops?

Your Questions, Answered

Q: Can I make this gluten-free? A: Swap soy sauce for tamari or coconut aminos. **Q: How far ahead can I prep?** A: Chop veggies 1–2 days early; store them separately. **Q: What if I hate zucchini?** A: Try bell peppers or snap peas instead. **Q: Can I halve the recipe?** A: Yes! Adjust cook times slightly—small batches cook faster. **Q: Best side dish?** A: Brown rice or quinoa soaks up the tasty juices.

Let's Cook Together!

This dish is a weeknight hero in my house. Hope it becomes one in yours too. **Tag Savory Discovery on Pinterest with your creations!** Your twists inspire me—did you add a secret ingredient? Happy cooking! —Elowen Thorn.

You need to try !



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Author: Elowen Thorn



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Cooking Method: [Stovetop](#)



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Difficulty: **Beginner**



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Prep time: **12 minutes**



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Cook time: **23 minutes**



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Rest time:



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Total time: **35 minutes**



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Servings: **6 servings**



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Calories: **kcal**

Best Season: **Summer**

Description

A flavorful and aromatic dish featuring tender chicken, mushrooms, and

fresh vegetables seasoned with Chinese five-spice powder.

Ingredients

- 8 teaspoon olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 2 lbs chicken breast, cut into bite-sized pieces
- 1 teaspoon Chinese five-spice powder
- 1 teaspoon salt + more to taste
- ½ teaspoon pepper + more to taste
- 16 oz mushrooms, sliced (recommended: a mix of oyster & shiitake)
- 2 medium zucchinis, sliced into thin semi-circles
- 4 oz fresh spinach
- ¼ cup low-sodium soy sauce

Instructions

1. Heat 4 teaspoon of oil in a large skillet over medium-high heat. Add onion and cook until translucent, about 3 minutes, stirring occasionally. Add in the garlic and cook until fragrant, stirring constantly, about 1 minute.
2. Add chicken, five-spice powder, salt, and pepper to the skillet. Cook until chicken is done (temps out at 165° F).
3. Transfer the chicken and all of the juices to a large bowl and set aside.
4. In the same skillet, add remaining oil and zucchini, and sauté on medium heat for about 2 minutes before adding the mushrooms (option to add a little more salt & pepper at this stage as well). Sauté until the mushrooms are tender, about 4-5 minutes.

5. Add spinach to skillet, then immediately add the bowl of chicken, onions, and all of juices you had set aside on top of the spinach. Add in the soy sauce, cover, and cook until the spinach is wilted, stirring occasionally.
6. Store leftovers in an air-tight container in the refrigerator for 3-5 days.

Notes

For extra flavor, garnish with fresh herbs like cilantro or green onions before serving.

Keywords: Chicken, Mushrooms, Zucchini, Spinach, Five-Spice
See also [Lemon Garlic Grilled Chicken Skewers](#)