

# Ginger & honey chicken wings

SIMPLE, SWEET & ZINGY BARBECUE WINGS



- **DAIRY-FREE AND GLUTEN-FREE**

“For the tasty, tender wings, marinate overnight and bring them to room temperature before cooking. Char them on the barbecue for an extra smoky hit.”

**SERVES 6**

**COOKS IN 45 MINUTES PLUS MARINATING**

**DIFFICULTY SUPER EASY**

## NUTRITION PER SERVING

Calories: 25213%; Fat: 14.1g20%; Saturates: 4g20%; Sugars: 7.6g8%; Salt: 1.3g22%; Protein: 23.3g47%; Carbs: 7.8g3%; Fibre: 0.1g-

## INGREDIENTS

- 24 chicken wings
- GINGER AND HONEY MARINADE
  - 5 spring onions
  - 1 fresh red chilli
- 5 tablespoons runny honey
- 2 tablespoons soy sauce
- 2 cm piece of ginger
- 5 sprigs of fresh thyme

## METHOD

1. Trim and finely slice the spring onions and chilli, placing them into a bowl with the honey and soy sauce. Peel, then grate in the ginger, and pick in the thyme leaves. Mix well.
2. Place the chicken wings in a single layer in a wide, shallow, non-reactive dish. Pour or brush over the marinade, cover and place in the fridge to marinate for 24 hours.
3. Cook the wings on a hot barbecue or griddle pan for 15 to 20 minutes, or until dark and the juices run clear, turning often. If cooking on a griddle, finish the wings in the oven at 180°C/350°F/gas 4 for 10 to 15 minutes to make sure they're cooked through.