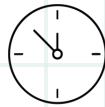




STICKY CHICKEN WINGS



Prep time
10 min



Cooking time
35-40 min



Portions
6



Sticky Chicken Wings

Chef Notes

- Pat the chicken dry before adding the marinade for crispier wings.
- Don't overcrowd the tray - leave space between the wings so they roast properly.
- Watch the heat: the sugar in the sauce can burn, so keep an eye on the wings towards the end.
- Brush with extra sauce during the last few minutes for an extra-sticky glaze.
- Chicken must be cooked through — the meat should no longer be pink and the juices should run clear.

Skill Badges



Ingredients

1.2 kg chicken wings
2 large garlic cloves, crushed
70 g ($\frac{1}{3}$ cup) tomato ketchup **or** tomato puree + 1 tbs honey
80 ml ($\frac{1}{3}$ cup) soy sauce
1 tbsp sesame oil
1 tbsp rice wine vinegar (can substitute with white vinegar)
60 ml ($\frac{1}{4}$ cup) water

Extra toppings

Spring onions
2 tbs sesame seeds

Equipment

small bowl
garlic crusher
measuring cups
measuring spoons
whisk or fork
large roasting tray
baking paper
paper towel

Method

- Step 1** Preheat the oven to 200°C
- Step 2** Mix the garlic, ketchup, honey, soy sauce, sesame oil and vinegar.
- Step 3** Coat the chicken wings well with the sticky sauce and place them in a baking dish or tray.
- Step 4** Bake for 35–45 minutes, turning the wings halfway, until cooked through and sticky.
- Step 5** Pour the water into the bottom of the tray, around the wings (not over them). Halfway through the roasting time.
- Step 6** Serve topped with spring onions and sesame seeds.