



## Sticky Chicken Wings

### *Ingredients:*

- 18 chicken wings (approximately)
- 100 mls water
- 1 chicken stock cube
- 1 tsp chilli powder OR fresh chopped chilli
- 2 tsp fresh grated ginger
- 2 tbsp honey
- 6 tbsp soy sauce

### *Method:*

Pre heat your oven to 190C.

Put your cooking oil into the baking dish.

Peel and grate your ginger.

Chop your fresh chilli (if using)

Add the soy sauce, honey, chilli and ginger to the baking dish and mix together.

Put the chicken wings into the dish and use a spoon to mix them around until well coated.

Mix your stock cube with 100 ml of hot water.

Add to the baking dish and give another stir.



Cover the baking dish with tin foil and place into the oven for 25 minutes.

After 25 minutes, take the tin foil off the top of the baking dish and return to the oven.

Cook for approximately 15 minutes uncovered, stirring every 5 minutes to ensure the chicken is well coated in the sauce and isn't sticking.

Make sure your chicken is fully cooked before serving, testing the largest piece of chicken.

Serve with rice, or wedges and coleslaw.

They can also be eaten cold.....

NOTE – You could marinate the chicken wings in the fridge for up to 24 hours before cooking if you prefer. Add the stock just before you place them in the oven.