

Norman's SWEET SOY, HONEY & GINGER CHICKEN WINGS



RECIPE

Norman's Sweet Soy, Honey & Ginger Chicken Wings

Inspired by the Malaysian 'Nasi Ayam' this easy to prepare and bake chicken wings are super delicious and ideal for a barbeque.

Serves 2-3

Ingredients

- 1 kg chicken wings
- 100ml sweet soy sauce
- 2 tbs oyster sauce
- 2 tbs honey
- 5cm ginger, minced
- 1 tsp ground black pepper
- 2 tbs olive oil

Method

1. Cut the chicken wings into winglets. by slicing through each of the joints. Keep the two meaty pieces and discard the wing tips.
2. Tip the chicken wings into a large bowl and toss with soy sauce, oyster sauce, honey, ginger, black pepper and olive oil.
3. Cover the bowl with a cling film and keep in a fridge for 30 minutes to marinate.
4. Preheat the oven to 200C/180C fan/gas 6. 5. Line a baking paper on the tray and spread out the chicken wings over the tray. Cook for 30-40 mins, turning halfway through cooking. Remove any excess juice while turning halfway.
6. Take out the chicken wings from the oven and transfer to a serving plate. Ready to serve.

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