

Recipe

Sticky Chicken Wings

Title:

From:

Nerine Smith

Ingredients

350g – 500g chicken wings

Sauce:

2 Tbsp oil

125ml tomato sauce

15ml crushed garlic

¼ cup sugar

¼ cup honey

2 tspn chilli flakes

Directions

Mix all the ingredients together well.

Baste the wings in the sauce.

Cook in the oven on 180°C till golden and sticky.