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## STICKY CHICKEN WINGS

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Delicious chicken in no time at all.  
Recipe by Siba Mtongana

**Cook Time 25 minutes | Serves 5**

*If you are married, a single parent, or just a young person who wants to glam up your meals, but don't have the time to spend hours in the kitchen, this is the recipe for you.*

### Ingredients

#### CHICKEN

20 chicken winglets  
2 cloves garlic, crushed  
30ml fresh ginger, grated  
Sea salt and freshly ground black pepper

#### MARINADE

60ml soy sauce  
250ml sweet chili sauce  
250ml smoky barbecue sauce

#### TO SERVE

15ml micro coriander  
4 spring onions, finely sliced length-ways  
10ml white sesame seeds  
2 limes, wedged (optional)

### Method

Preheat the oven to 200°C and lightly grease a roasting tray with oil or cooking spray.

In a large bowl, rub the crushed garlic and ginger into the chicken wings and season well with salt and pepper.

Combine the marinade ingredients in a jug and pour over the wings, mixing until fully coated. Transfer to the prepared roasting tray, making sure that the wings don't overlap.

Roast for 15 – 20 minutes, until the wings are cooked through and golden. Transfer to a large serving platter and garnish with the micro coriander, spring onions, sesame seeds and the optional squeeze of lime.

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