

OVERALL time: 65 mins

STICKY ASIAN CHICKEN WINGS WITH A SUMMERY SLAW

Like sticky chicken wings? Then you're going to adore the Asian slant we've given this recipe care of our **Cape Herb & Spice Chinese 5 spice**! Serve these sticky chicken wings on their own as a snack with drinks or turn it into a balanced meal by adding our summery slaw with Asian-inspired dressing.

Metric

Number of servings : 4

ingredients

For the main

- 2 Cloves garlic, finely minced
- 5 cm Piece of ginger, peeled and finely grated
- 10 ml Cape Herb & Spice Chinese 5 Spice
- 120 ml Tomato sauce
- 30 ml Runny honey
- 30 ml Hoisin sauce
- 10 ml Oyster sauce
- 10 Plump chicken wings

For the slaw

- 480 ml Finely shredded Chinese cabbage
- 2 Large carrots, grated or finely julliened
- 240 ml Mange tout or sugar snap peas
- 120 ml Diced cucumber
- A handful of coriander leaves
- A handful of mint leaves

For the dressing

- 15 ml Vegetable oil
- 8 ml Light sesame oil
- 30 ml Fresh lime juice

- 8 ml Runny honey
- Pinch of salt
- Eighth of a teaspoon of finely grated fresh ginger

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 35 mins

Add all the ingredients for the sticky chicken wings (except the chicken) to a small saucepan and simmer for five minutes. Allow the sauce to cool, then add a quarter of the sauce to the chicken wings and toss to coat evenly. Allow the wings to marinate for 20 minutes. Line a baking tray with baking paper and spread out the wings on the tray. Spoon all the remaining sauce over the chicken wings, ensuring they're completely covered. Bake in a pre-heated 200 degrees Celsius oven for 25-35 minutes until cooked through.

To make the summery Asian-inspired slaw, plate up all the veggies. Whisk together the dressing ingredients and pour over the veggies.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

Metric

ingredients

For the main

- 2 Cloves garlic, finely minced
- 5 cm Piece of ginger, peeled and finely grated
- 10 ml Cape Herb & Spice Chinese 5 Spice
- 120 ml Tomato sauce
- 30 ml Runny honey
- 30 ml Hoisin sauce
- 10 ml Oyster sauce
- 10 Plump chicken wings

For the slaw

- 480 ml Finely shredded Chinese cabbage
- 2 Large carrots, grated or finely julliened
- 240 ml Mange tout or sugar snap peas
- 120 ml Diced cucumber
- A handful of coriander leaves
- A handful of mint leaves

For the dressing

- 15 ml Vegetable oil
- 8 ml Light sesame oil
- 30 ml Fresh lime juice
- 8 ml Runny honey
- Pinch of salt
- Eighth of a teaspoon of finely grated fresh ginger

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 35 mins

Add all the ingredients for the sticky chicken wings (except the chicken) to a small saucepan and simmer for five minutes. Allow the sauce to cool, then add a quarter of the sauce to the chicken wings and toss to coat evenly. Allow the wings to marinate for 20 minutes. Line a baking tray with baking paper and spread out the wings on the tray. Spoon all the remaining sauce over the chicken wings, ensuring they're completely covered. Bake in a pre-heated 200 degrees Celsius oven for 25-35 minutes until cooked through.

To make the summery Asian-inspired slaw, plate up all the veggies. Whisk together the dressing ingredients and pour over the veggies.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>