



Sticky Chicken Wings
RECIPE

Sticky Chicken Wings



Cooking time 15 mins
Preparation time 5 mins
Serves 4

Scrumptious Sticky Chicken Wings flavoured with Royco® Sweet & Sour Sauce. Serve with rice to create a complete meal that will fill your family's tummies.

Ingredients

- Royco® Sweet and Sour Sauce
- 12 chicken wings
- 1 red or green pepper, sliced

Vegetarian

Switch out the chicken wings for big florets of cauliflower. Cook in the oven until cooked through.

Family Friendly

Kids will enjoy these finger-licking chicken wings. Get the kids to set the table, while you prepare dinner.

Method

1. Prepare Royco® Sweet and Sour Sauce according to packet instructions.
2. Preheat oven to 190°C.
3. Place chicken wings and sliced peppers in an ovenproof dish and pour the sauce over the chicken.
4. Roast until golden and crispy. Season to taste and serve with rice.

Recipe Tags

[Dry Sauces](#), [Chicken](#), [Side](#)

Related Recipes



[Cape Malay Beef and Cashew Nut Stir-Fry](#)

Cooking time

10 mins

Preparation time

5 mins



[Lamb Ragu Lasagna](#)

Cooking time

35 mins

Preparation time

20 mins



Cheesy Chicken Pasta Bake

Cooking time

25-30 mins

Preparation time

15 mins



Spaghetti Bolognese

Cooking time

30 mins

Preparation time

15 mins



Fiesta Mince Bowl

Cooking time

40 mins

Preparation time

10 mins



Simple Savoury Mince Pasta

Cooking time

20 mins

Preparation time

15 mins



Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins



Chicken Sosaties

Cooking time

15 mins

Preparation time

30 mins



Hearty Beef Stew

Cooking time

30 mins

Preparation time

30 mins



Pork Fillet with Spicy Pineapple Relish

Cooking time

10 mins

Preparation time

60 mins

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