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 Bolognaise

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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