

Sticky Chicken Wings RECIPE

Sticky Chicken Wings



Cooking time 15 mins Preparation time 5 mins Serves

1

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. Share

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Ingredients

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

Products used



Sweet & Sour Dry Sauce

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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. 1.

Prepare Royco® Sweet and Sour Sauce according to packet instructions.

2. 2

Preheat oven to 190°C.

3. 3.

Place chicken wings and sliced peppers in an ovenproof dish and pour the sauce over the chicken.

4. 4.

Roast until golden and crispy. Season to taste and serve with rice.

Recipe Tags

Dry Sauces, Chicken, Side

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Preparation time

Cooking time

40 mins

Preparation time

10 mins

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Simple Savoury Mince Pasta

Cooking time

20 mins

Preparation time

15 mins

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Homestyle Lamb Curry

Cooking time

30 mins

Preparation time

20 mins

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Chicken Sosaties

Cooking time

15 mins

Preparation time

30 mins

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Hearty Beef Stew

Cooking time

30 mins

Preparation time

30 mins

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Pork Fillet with Spicy Pineapple Relish

Cooking time

10 mins

Preparation time

60 mins

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