JERNEJ KITCHEN

STICKY CHICKEN WINGS

These Sticky Chicken Wings are roasted in the oven. Juicy, tasty, and made in just 30 minutes. The perfect midweek dinner recipe idea.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
ROAST:	25	MINUTES
TOTAL TIME:	30	MINUTES

CHICKEN WINGS

900 g (2 pounds) chicken wings, bone in and skin on

1 tbsp canola oil

STICKY SAUCE

1 tsp canola oil

1 garlic clove

4 prunes, pitted

1 tbsp honey

3 tbsp light soy sauce

1 tbsp white wine vinegar

85 ml (1/3 cup) water

3 tbsp sesame seeds

TOOLS AND EQUIPEMENT

paper towels
large bowl
large baking sheet
parchment paper
saucepan
blender or immersion blender
kitchen brush

PREPARE THE MEAT

Arrange a rack in the middle of the oven, then preheat your oven to 230 °C / 450 °F. Use a fan-assisted oven if possible. Line a large baking sheet with parchment paper. Pat-dry the chicken wings on both sides. Place the chicken in a large bowl, and season with salt and pepper. Drizzle with canola oil, and toss well to coat evenly.

ROAST THE CHICKEN WINGS

Spread the chicken wings in a single layer on a baking sheet. Place in the preheated oven on the middle rack. Roast for 20 minutes at 230 °C / 450 °F.

STICKY SAUCE

While the chicken wings are roasting, make the sticky sauce. Add canola oil to a saucepan. Place over medium heat. Add the diced garlic, chopped prunes, light soy sauce, vinegar, and water. Bring to a boil, then simmer for 5 minutes. Transfer the sauce to a blender or immersion blender and mix into a smooth sauce.

OVEN ROASTED STICKY CHICKEN WINGS

Wearing protective gloves, carefully remove the baking sheet with the chicken wings from the oven. Pour the fat from the baking sheet and discard it. Place the wire rack on the top position in the oven while still wearing protective gloves. Change oven settings to low broil. Generously brush the chicken with the sticky sauce on both sides and return to the oven. Roast for 5 minutes on the top rack. Remove from the oven and brush with the rest of the sticky sauce. Sprinkle with scallions.