

RECIPES BY CHEF BENNY



Spicy Chicken Wings – Serves 6 – 8

INGREDIENTS:

- 2KG CHICKEN WINGS, CUT AT JOINTS, WINGTIPS DISCARDED
- 100ML CUP OLIVE OIL
- 3 TBSP FRESH PARSLEY - CHOPPED
- 2 TBSP GARLIC - MINCED
- 1 TBSP TOMATO PASTE
- 1 TSP CHILLI POWDER
- 2 TSP CHICKEN SPICE
- 1 TSP CUMIN
- 1 TSP PAPRIKA
- SALT
- BLACK PEPPER



Instructions:

1. In a medium bowl, stir together pepper paste, olive oil, parsley, garlic, tomato paste until well combined.
2. Stir in salt, pepper, chicken spice, cumin, chili powder and paprika.
3. Transfer half of the marinade paste mixture to a small bowl and set aside.
4. Combine chicken wings and remaining marinade paste mixture in a zip-lock bag. Seal bag, pressing out as much air as possible. Massage bag until wings are evenly coated in marinade and refrigerate, turning bag occasionally, for at least 1 hour and up to 24 hours.
5. Grill wings over medium heat for 4-6min. on each side or until light golden brown.
6. Using the remainder of the marinade paste to baste the wings while cooking.
7. Serve as a snack with a peri-peri sauce as a dip.

Let's do dinner
IN THE LIFE ARTOIS

ENJOY RESPONSIBLY. NOT FOR PERSONS UNDER THE AGE OF 18.

