

MASALA CHICKEN WINGS

Spice up your summer BBQ with these Legendary masala chicken wings. Either cook them in the oven or on the BBQ, but be sure to get those all-important sticky, crispy bits at the ends of each wing that are so moreish!

Prep
5 mins

Cook
1 hr 10 mins

Heat


Serves
4
as a snack

1kg **chicken wings**

2 tbsp **tomato ketchup**

4 tbsp **vinegar** (white wine or
cider vinegar is best)

2 tsp



HALDI BLEND

2 tsp



METHI BLEND

3 tsp



MIRCHI BLEND

- 1** Preheat the oven to 200°C/gas mark 6 or light the BBQ now
- 2** Mix the ketchup with the vinegar, 2 tsp **HALDI BLEND**, 2 tsp **METHI BLEND**, 3 tsp **MIRCHI BLEND** and 1 tsp salt to a smooth sauce
- 3** Stir in the chicken wings until fully coated then leave to marinate for 10 minutes (or 1-2 hours if you have time)
- 4** Roast the chicken wings in a covered tray (or wrapped in foil on a cool part of the BBQ) for 45 minutes or until cooked through and the meat is starting to fall off the bone
- 5** Uncover (or unwrap if using foil), turn the heat up to 220°C/gas mark 7 then cook for a further 10-15 minutes or until starting to char around the edges and any liquid in the tray has evaporated

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GOES GREAT WITH...

An ice
cold beer!

EXTRAS
#38

ALSO WORKS A TREAT WITH...

- Asparagus or tenderstem broccoli for a veg/vegan version
- Spare ribs or pork belly strips (just cook for longer)

RAISE YOUR GAME BY...

Making a lemon and garlic raita for dipping

