



Sticky Honey Soy Chicken Wings

EASY • 1 HOUR 45 MINS

These easy wings are finger-licking good, thanks to a sweet and tangy glaze made with Capilano Pure Honey. Perfectly sticky, totally addictive.



SKILL LEVEL
Easy

PREP TIME
15 mins + 1 hour to marinate

COOKING TIME
30-45 mins

Ingredients

- 1kg chicken wings, halved with tips removed
- ¼ cup soy sauce

Method

1. In a bowl, whisk together the marinade ingredients, reserving half the mixture in a separate bowl.
2. Add the chicken wings, coat thoroughly, cover, and refrigerate for 1 hour or overnight.

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- ⅓ cup Capilano Pure Honey
- ¼ cup rice wine vinegar
- 2 tbsp BBQ sauce
- 2 garlic cloves, chopped
- 1 tbsp ginger, finely chopped
- Sesame seeds, to garnish
- Spring onion, to garnish

Method

3. Preheat the oven to 180°C fan-forced. Line a baking tray with greaseproof paper. Place the chicken pieces on top and cook for 20 minutes, until mostly cooked and slightly browned.
4. Remove from the oven and glaze with the remaining marinade. Return to the oven for a further 20 minutes, glazing halfway through, until the wings are sticky and beautifully glazed.

Used in this recipe



CAPILANO PURE HONEY 375G
- 100% Australian Honey -

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey.

Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

- 100% Pure Australian Honey
 - Made by Aussie bees
 - Hand harvested by Aussie beekeepers
 - Rich, smooth caramel taste
- Ideal for baking, drinks, desserts and cooking

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