



Honey & Chili Chicken Wings with Beetroot Slaw & Potato Salad

The key to these wings is the natural ingredients used to make the marinade. Use this recipe in future to stay away from bottled sauces filled with sugar. The cooling potato salad is the perfect pairing to the spice of the wings.

Nutritional Info

Calories: 475 kcal
Carbohydrates: 42 g
Protein: 46 g
Fat: 12 g

Ingredients

- Chicken Wings
- Baby Potatoes
- Carrot
- Beetroot
- Spring Onion
- Natural Yogurt
- Honey
- Marinade Mix
 - Soy Sauce
 - White Wine Vinegar
- Spice Mix
 - Smoked Paprika
 - Cayenne Pepper

Your Pantry

- Olive Oil
- Salt & Pepper

Allergens


Milk (Yogurt)
Soybeans (Soy Sauce)
Wheat (Soy Sauce)
Sulphur Dioxide (Vinegar)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Preheat the oven**

Heat the oven to 200°C.

2) **Marinade the wings**

In a large bowl, combine the honey, marinade mix (soy sauce & white wine vinegar) and spice mix (smoked paprika & cayenne pepper). Coat the chicken wings in the marinade by mixing everything together.

3) **Cook the wings**

Put some tin foil over a large baking tray for easy clean-up. Place the marinated chicken wings on the baking tray and cook for 25 minutes until cooked through, sticky and golden.

4) **Boil the potatoes**

While the wings are cooking, Chop the potatoes into quarters and boil them in salted water for 15 minutes.

5) **Make the slaw**

Peel the carrot and the beetroot. Then using a grater, grate the carrot and beetroot. Chop the spring onion. In a bowl, combine the grated carrot and beetroot with the chopped spring onion.

6) **Finish the potatoes**

When the potatoes are boiled, mix the natural yogurt through them.

7) **Plate the dish**

Take the wings out of the oven and serve them with the slaw and potatoes on the side.



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