



## Teriyaki Glazed Chicken Wings & Sweet Potato Wedges

Create your own delicious wings from scratch using rice wine vinegar and honey. Our wings come from our Irish Craft Butcher and are the same wings you will get served in many top restaurants in Dublin! When cooking the crispy sweet potato wedges, avoid using too much oil, so as to ensure they go crispy.

### Ingredients

- Chicken Wings
- Sweet Potato
- Baby Cucumber
- Cherry Tomatoes
- Honey
- Teriyaki Sauce
- Rice Wine Vinegar

### Your Pantry

- Olive Oil
- Salt & Pepper
- Tin Foil

### Nutritional Info

Calories: 720 kcal  
Carbohydrates: 37 g  
Protein: 85 g  
Fat: 22 g

### Allergens


[Wheat \(Teriyaki Sauce\)](#)  
[Gluten \(Teriyaki Sauce\)](#)

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 to 220°C.**

### 2) **Make the teriyaki marinade**

In a bowl, combine the teriyaki sauce, honey and rice wine vinegar to make the marinade. Add the chicken wings to the bowl and coat them in the marinade.

### 3) **Cook the wings**

Cover a baking tray with some tin foil for easy clean up.

Put the marinated chicken wings on the tray and cook in the oven for 25 minutes until nicely glazed. While the wings are cooking, move on to making the wedges.

### 4) **Prepare the wedges**

Slice the sweet potato into slim wedges, drizzle with a little oil and season with salt & pepper.

Put in the oven on a tray and cook for 20 minutes. While the wedges are cooking, move on to the next step.

### 5) **Make the side salad**

Slice the cucumber and cherry tomatoes into similar sizes. Set aside.

### 6) **Plate the dish**

When the chicken wings and sweet potato are cooked take them out of the oven and serve with the tomato and cucumber side salad.



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