



**DropChef**  


## Sticky Honey & Orange Chicken Wings with Potatoes & Side Salad

Take on the takeaway with this healthier recipe for a Chinese favorite: Honey and Orange Chicken Wings! The chilli flakes in this dish are very spicy so only use a pinch if you do not like your wings too spicy. To zest the orange use a micro plane, grater or a vegetable peeler and then chop up the peel into small bits.

### Nutritional Info

Calories: 926 kcal  
Carbohydrates: 45 g  
Protein: 92 g  
Fat: 26 g

### Ingredients

- Chicken Wings
- Baby Potatoes
- Fresh Rocket
- Orange
- Honey
- Chilli Flakes
- Dressing Mix
  - Balsamic Vinegar
  - Rapeseed Oil

### Your Pantry

- Olive Oil
- Salt & Pepper

### Allergens


Sulphur Dioxide  
(Balsamic 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 190°C.

### 2) **Marinate the chicken**

Mix the honey and chilli flakes in a bowl. Then add the juice and zest of half of the orange. Add the chicken wings to the bowl and mix the marinade through them. Season the wings with salt & pepper.

### 3) **Prepare the potatoes**

Cut the baby potatoes in half. Mix the potatoes through the marinated chicken wings.

### 4) **Cook the chicken wings & potatoes**

Place the chicken wings and potatoes on baking tray with some oil. Slice the remaining parts of the orange and scatter around the baking tray. Cook in the oven at 190°C for 25-30 minutes.

### 5) **Finish the dish**

When the chicken & potatoes have finished cooking serve them with the rocket on the side. Drizzle the dressing over the salad. Enjoy!



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