

GREAT
FOOD
2U

Let's make GrEAT Wings 2u!

What's in your Kit...

- ✓ 1kg Marinaded Chicken Wings
- ✓ 120ml BBQ Sauce
- ✓ 120ml Blue Cheese Sauce
- ✓ 120ml Franks Buffalo Sauce
- ✓ Mixed Spring Onion, Red Chilli & Black Sesame Seeds
- ✓ 1 Charred Lime



1



Pre-heat your oven to **200c/Gas mark 6**.

2



Line a baking tray with parchment paper and **spread your wings evenly** onto the tray.

3



Cook for 16 minutes, until they start to go slightly brown.

4



While your wings are cooking, **remove the lids from your sauce pots** and put the sauces to one side.

5



Turn your oven up to **240c/Gas mark 9**, then remove your tray from the oven, turn your wings over and put your tray back into the oven and cook for a further **6 minutes**.

6



Take your wings out the oven, and carefully place your wings onto your serving dish.

7



Garnish the wings with your spring onion, red chilli, black sesame seeds and charred lime.

8



Serve alongside your sauces and

Enjoy!