

Five Spice Grilled Chicken Wings



Serves 4

Ingredients

12 chicken wings cut in to 2 pieces to separate the wing from the wingette

Marinade

5 tablespoon soy sauce

1/3 cup peanut oil

2 teaspoon Le' Spice Five Spice Powder Spice Mix

4 teaspoon brown sugar

2 teaspoon garlic paste

1 teaspoon ginger paste

1 shallot finely chopped

Method

Whisk together all of the marinade ingredients in a mixing bowl

In a zip lock bag place the chicken wings

Pour the marinade in the bag but reserve 3 tablespoon for basting.

Mix 1 tablespoon of honey in the basting marinade

Seal the bag and shake it well until all of the chicken is coated with the marinades.

Give it a little massage and leave it to marinate for 2 hours in the fridge

Pre heat the Oven at 220 degree using the grilling mode

In the baking tray – pour ½ glass of oil to prevent the dripping fat to catch fire

Put the roasting racks on top of the tray

Line the chicken on top of the racks

Cook in the oven for 15 minutes

Baste both sides of the chicken with the reserved marinade and honey
Then turn the chicken on the other side
Cook further in the oven for another 15 minutes
Rest the chicken for 5 minutes covered with foil
Serve the chicken over a bed of lettuce garnished with spring onions and toasted sesame seed