



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

SOY GINGER WINGS

Time: 60 minutes

Serves: 4

Ingredients:

12 split chicken wings (24 pieces)
½ cup soy sauce
¼ cup seasoned rice vinegar
1 teaspoon toasted sesame oil
1 teaspoon freshly grated ginger
½ teaspoon chili flakes
1 clove garlic - finely chopped or grated
4 green onions – finely chopped

Preparation:

Preheat your BBQ or gas grill on high.

Turn off one burner, placing chicken wings on the grate over that area with the side with more skin facing up. Cook with the lid closed until the wings are golden brown and crispy (approximately 45 minutes).

While the wings are cooking, in a bowl, whisk together the remaining ingredients.

When the wings are cooked, toss them in the sauce and serve immediately.

Nutritional Information Per Serving:

Calories: 296
Fat: 20g
Carbs: 0g
Fibre: 0g
Protein: 27g