



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

LEMON PEPPER WINGS

Time: 60 minutes (plus marinating time)

Serves: 6 as a starter

Ingredients:

300g lemon juice
3 cloves garlic - finely chopped or grated
7g kosher salt
2g fresh ground black pepper
1g dried oregano
1.5kg split chicken wings

Preparation:

In a small bowl, whisk together all ingredients except chicken wings.

Place wings in a zipper seal bag, pour in marinade mixture and seal, removing as much air from bag as possible. Refrigerate at least one hour or up to overnight.

Preheat oven at 260C (500F).

Place wings thick-skin-side-up on a baking sheet or foil pan, discarding marinade. Bake for one hour or until skin is crispy.

Serve immediately.

Nutritional Information Per Serving:

Calories: 555
Fat: 40g
Carbs: 0g
Fibre: 0g
Protein: 46g