

CRISPY BAKED WINGS

Time: 60 minutes

Serves: 4

Ingredients:

30g fresh lemon juice
30g avocado or other neutral-flavoured oil
6g kosher salt
3g fresh ground black pepper
3g garlic powder
3g paprika
1g ground sage
1kg split chicken wings

Preparation:

Preheat your oven to 260C.

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

Add wings and toss to coat evenly.

Place wings in a single layer on the rack of a roasting pan.

Bake for 45 minutes or until very crispy.

Remove from oven and serve immediately.

Nutritional Information Per Serving:

Calories: 599
Fat: 45g
Carbs: 0g
Fibre: 0g
Protein: 46g