

CRISPY WINGS

Time: 120 minutes

Serves: 4

Ingredients:

30g cornstarch
30g white flour
8g salt
1kg chicken wings

Preparation:

Preheat your convection oven to 230C.

Combine the cornstarch, flour, and salt in a bowl.

Toss a few wings at a time in the cornstarch mixture to coat evenly and place on the rack of a roasting pan.

Roast for one hour or until the desired crispness.

Serve immediately or toss in your favourite sauce and serve.

Nutritional Information Per Serving:

Calories: 672	Hand-Size Portion Guide
Fat: 42g	Palms of Protein: 2
Carbs: 8g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 60g	Thumbs of fat: 0