

SMOKED LEMON PEPPER WINGS

Time: 2 hours 10 minutes

Serves: 4

Ingredients:

1kg chicken wings
30g lemon pepper seasoning

Preparation:

Preheat your smoker or grill with smoke box to 107C (225F) and set up for indirect cooking.

Toss the wings in the seasoning to coat evenly.

Smoke for two hours.

Set the smoker or grill to high temperature for direct cooking/searing and sear the wings a minute or two per side to crisp the skin (optional).

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 635	Hand-Size Portion Guide
Fat: 42.2g	Palms of Protein: 2
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 59.5g	Thumbs of fat: 2