

Ginger and honey chicken wings

Ingredients

6 chicken wings

Ginger and honey marinade

1 spring onions, finely sliced

2 tbsp honey

1 tbsp soy sauce

½ red chilli, sliced

1 cm piece of ginger, grated

1 clove garlic

½ tsp of thyme



Method

1. Mix all the marinade ingredients in a bowl to make a sticky sauce.
2. Place the chicken wings in a single layer in a wide, shallow, oven proof-dish. Pour the marinade over the chicken, cover with cling film and place in the fridge to marinate for minimum 30 minutes and up to 24 hours.
3. Heat your oven to 180C/gas 4 until hot. Cook the wings for 20-40 minutes, turning often, until dark and the juices run clear when the chicken is pierced with a skewer to ensure they're cooked through.