



Chinese Wings with Cucumber

Chinese style chicken wings with an American twist using just 5 ingredients
Easy - Serves 4, only takes 10 minutes to prepare and 40 minutes to cook

Ingredients:

16 large chicken wings
125ml reduced salt soy sauce
140g dark soft brown sugar
5 tbsp white wine vinegar
half cucumber , peeled into fine ribbons

Method:

Heat oven to 220C/fan 200C/gas 7. In a roasting tray, toss the wings with the soy sauce, 125g of the sugar, 2 tbsp of the vinegar and some cracked black pepper. Roast for 40 mins, turning occasionally until you have a glossy coating.
Meanwhile, bring the remaining sugar and vinegar to the boil for about 1 min, until the sugar dissolves. Leave to cool, then toss with the cucumber ribbons. Serve the sticky wings with the cucumber and some boiled rice.