



Sovereign™
FULL OF GOODNESS

COOK UP A TASTE OF HOME

with
LEE DURU

RECIPE

SESAME CHICKEN WINGS IN HOT STICKY SAUCE WITH CORIANDER SLAW (WINGS)

COOKING TIME: 45 MIN
SERVINGS: 2

EQUIPMENT REQUIREMENTS

- Small pan for sesame seeds, use light blue from home.
- Stick blender for making dressing in bowl

INGREDIENTS

- 8 – 10 x chicken wings
- 3 Tbls sesame seeds
- Sauce / Marinade:
 - 1 Tbls sesame seeds
 - 2 Tbls teriyaki sauce
 - ½ cup thick soy sauce
 - 2 x red chilli
 - 2 x green chilli
 - Squeeze of 1 lemon
 - 2 x spring onions cut on angle
- Garnish:
 - Toasted sesame seeds
 - Spring onions cut lengthways
 - Fresh coriander
- Rustic slaw:
 - Cabbage
 - Coriander
 - Mustard
 - Carrots
 - Mayo
 - Raisins

INSTRUCTIONS

- Toast sesame seeds in dry frying pan tossing frequently to avoid burning, cook till golden brown.
- Remove seeds. In same pan, add 2 Tbls olive oil, add chicken and brown chicken evenly on both sides.
- Combine ingredients for sauce / marinade and add to pan.
- Cook for 25 – 30 min until chicken is tender and sauce is sticky.
- Remove from heat, place on serving platter.
- Garnish with toasted seeds, spring onions and coriander.
- Serve with rustic slaw.