



LOVES FOOD

LEMON GARLIC WINGS

INGREDIENTS:

1kg of chicken wings
2 tablespoons cooking oil
Half cup lemon juice
2 teaspoons crushed garlic
1 teaspoon salt
Half teaspoon pepper
2 teaspoons dried parsley

METHOD:

1. Place the olive oil, lemon juice, garlic, dried parsley, salt and pepper in a large bowl and mix well
2. Place the chicken wings in the bowl and coat them in the marinade.
3. Cover and refrigerate for at least 2 hours or up to 24 hours.
4. Preheat the oven to 200 degrees.
5. Spray your tray with nonstick spray or brush some oil onto the pan
6. Arrange the wings in a single layer on the sheet pan.
7. Bake for 40 minutes or until chicken is cooked through and lightly browned.

SERVING SUGGESTION

These wings goes well with fried rice, roasted potatoes, potato salad or a pasta salad. However you choose to enjoy this dish, best believe you will be licking your fingers and counting down to the next time you cook this.

Enjoy!

With love,
From Famous Warrior's kitchen