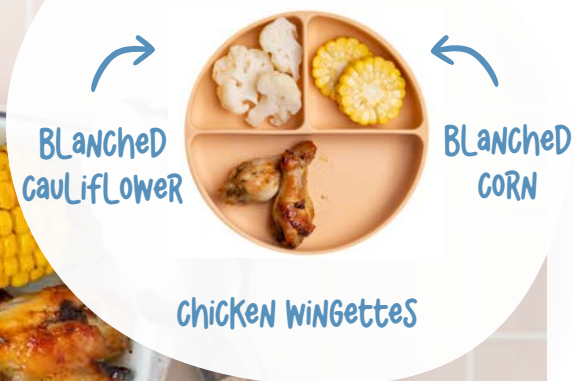


for the
little ones

Sticky Chicken Wings



45 Minutes



4 Servings



Chicken

Sweet, sticky maple-mustard wings made for fingers (not forks!), served with a roasted veggie medley and a side of aioli – a midweek meal that is big on fun and flavour.

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FROM YOUR BOX

MEDIUM POTATOES	4
CAULIFLOWER	1/2
CORN COBS	2
CHERRY TOMATOES	200g
CHICKEN WINGETTES	1.2kg
CHIVES	1 bunch
AIOLI	1 sachet
DIJON MUSTARD	1 small jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, maple syrup/honey, smoked paprika, dried oregano

COOKING TOOLS

oven tray x 2

Make a mash using the potatoes and cauliflower instead (for a quicker option). Blanch corn cobs and serve cherry tomatoes fresh.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. PREPARE the VEGGIES

Set oven to 220°C.

Chop **potatoes**, cut **cauliflower** into florets and **corn cobs** into rounds. Spread on a lined tray with **cherry tomatoes**. Toss with **1 tsp smoked paprika**, **1 tsp oregano**, **oil**, **salt** and **pepper**. Roast for 30-35 minutes.

tip Blanch the corn instead if preferred!



4. DRESS the WINGETTES

Whisk to combine **dijon mustard** with **2 tbsp maple syrup** in a large bowl. Toss in cooked chicken wingettes, while hot, to coat.

tip Do 1/2 amount of mustard for a less 'sharp' flavour. You could also switch to 1 tbsp soy sauce instead of Mustard.



2. Roast the chicken Wingettes

Toss **chicken wingettes** with **oil**, **salt** and **pepper**. Use tongs to spread out (skin-side up) on a second lined oven tray. Roast in the upper part of the oven for 25-30 minutes or until golden and cooked through.

tip Be careful not to overcrowd the tray.
Add 2 tsp soy sauce for extra colour!



5. FINISH AND SERVE

Serve sticky maple wingettes with roast vegetables. Garnish with chives and serve with aioli for dipping.



3. Chop the chives

Chop **chives** and add **aioli** into a small serving bowl.

tip Combine chives and aioli if you like!
Flavour aioli with lemon zest, mustard or honey if you prefer.