

R2



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Sticky BBQ Wingette Platter

Enjoy the BBQ season with these finger licking BBQ wingettes! Rubbed with our favourite Ozzie BBQ spice mix from GH produce and made sticky with honey, served with creamy coleslaw, wedges and corn on the cob!



30 minutes



2 servings



Chicken

Product Spotlight: Ozzie BBQ Rub

The Ozzie BBQ rub from GH Produce features native ingredients, including Tasmanian pepper berry, saltbush, and desert lime.



Change the flavours!

You can marinate the chicken wingettes in your favourite BBQ sauce, or honey, soy and garlic marinade if preferred! Cook the wingettes on the BBQ instead of the oven for an extra char flavour!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
42g 44g 36g

FROM YOUR BOX

MEDIUM POTATOES	3
CORN COB	1
OWZIE BBQ SPICE RUB	1 sachet
HONEY SHOT	1
CHICKEN WINGETTES	600g
COLESLAW	1 bag
AIOLI	1 sachet
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray, BBQ or second oven tray

NOTES

You can cook the corn on the BBQ as well as the wingettes if preferred!



1. ROAST THE VEGETABLES

Set oven to 220°C.

Cut **potatoes** into wedges and **corn** into **cobettes** (see notes). Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes until golden and cooked through.

2. COOK THE WINGETTES

In a large bowl, combine **1/2 BBQ spice rub** with **honey** and **1 tbsp oil**. Toss in **wingettes** until coated. Transfer to a lined oven tray and bake for 25–30 minutes until cooked through (alternatively cook on the BBQ).



3. PREPARE THE COLESLAW

Combine **coleslaw** with **aioli** until well coated. Season with **salt and pepper** to taste.



4. FINISH AND SERVE

Serve **wingettes** with **coleslaw**, **wedges** and **corn**. Chop **parsley** and use to garnish.



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