



Product Spotlight: Ozzie BBQ Rub

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



Sticky BBQ Wingette Platter

Get into BBQ season with these sticky chicken wingettes, rubbed in an Ozzie BBQ spice mix and glazed with honey. Served with creamy coleslaw, golden wedges and corn on the cob!



40 minutes



4/6 servings



Chicken

Change the flavours!

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

Per serve : **PROTEIN** 42g **TOTAL FAT** 45g **CARBOHYDRATES** 37g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
CORN COBS	2	3
OZZIE BBQ SPICE RUB	1 sachet	2 sachets
HONEY SHOTS	2	3
CHICKEN WINGETTES	1.2kg	1.2kg + 600g
COLESLAW	1 bag	2 bags
AIOLI	1 sachet	2 sachets
PARSLEY	1 packet	1 packet



1. ROAST THE VEGETABLES

Set oven to 220°C.

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



2. COOK THE WINGETTES

In a large bowl, combine **BBQ spice rub** with **honey** and **2 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).

6P – use 1 1/2 sachets of spice mix and 3-4 tbsp oil.



3. PREPARE THE COLESLAW

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

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!



4. FINISH AND SERVE

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



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