



Barbecued Chicken Wings

Fire up the BBQ this summer, coated in a deliciously spicy seasoning these wings are set to sizzle!

Serves: 4

Prepare: 15 Minutes

Cook: 35 Minutes

Difficulty: easy

Ingredients

- [2kg organic chicken wings](#)
- [5tsp Steenbergs American BBQ seasoning](#)
- 60ml sunflower oil
- 100ml water
- 2tbsp tomato purée
- 75g runny honey
- 4 garlic cloves, smashed and finely sliced
- 6tbsp white wine vinegar
- 2tbsp Worcestershire sauce
- 1tsp wholegrain mustard
- 4tbsp sunflower oil
- 1 bay leaf

Method

1. Pre-heat the oven to 200°C (and get the barbecue ready)
2. Coat the chicken wings in the American BBQ seasoning and leave for at least 30 minutes. Pour over half the oil, coating the wings well. Cook in the oven for 15 minutes
3. While cooking in the oven, mix all the other ingredients in a small pan and bring to the boil. Brush the chicken wings with the sauce and return to the oven for 15 minutes. Once again, brush the wings with the sauce, and then grill on a hot barbecue for 5 minutes on each side
4. Alternatively, you can cook the wings on a barbecue throughout, but make sure it is not too hot and cook the meat slowly and right through