

# Garlic & Soy Wings

**Serves 2 (or 1 if you eat like me)**

**Hands-on Time 15 minutes**

**Cooking Time 32 minutes**

## Ingredients

6 Chicken wings (complete wings from joint to tip), approx. 400-500g  
2 tbsp Corn flour  
1 tbsp Oil (vegetable or sunflower)  
Salt and pepper for seasoning  
2 tbsp Light soy sauce  
1 tbsp Mirin rice wine  
1 tbsp Light brown sugar  
2 tbsp Honey (runny)  
1/2 tbsp Sesame oil  
1/2 tbsp water  
3 Garlic cloves

## Equipment

2 Sealable food bags  
Baking parchment  
Baking tray  
Saucepan, medium sized  
Micro-grater  
Spatula  
Oven-proof dish

Preheat the oven to 200°C/180°C(Fan)/400°F/Gas mark 6.

Line a baking tray with parchment.

Add the chicken to a food bag with 1 tablespoon of cornflour, and season with salt and black pepper.

Seal and shake until the chicken is coated.

Transfer the chicken to the second food bag and add the oil. Shake again.

Transfer back to the flour bag, add the second tablespoon of cornflour and shake one last time.

Tip the chicken out onto the baking parchment and space apart.

Pop into the oven onto a middle shelf for 30 minutes.

Turn the chicken over half way through its bake.

Whilst the chicken is baking it's time to get on with the sauce.

Add all of the remaining ingredients to the saucepan, grating the garlic over the top last.

When the chicken has 11 minutes of cooking time left, stir the ingredients together with a spatula and place over a high heat until bubbling.

Reduce the heat to the lowest it will go and leave to simmer for up to 10 minutes, stirring occasionally. You will find close to the end of its cooking that the sauce will be thick and caramelly. Remove from the heat when it is like this.

When the chicken has finished baking tip the chicken into the saucepan and gently coat with the sauce.

Transfer the chicken, along with any remaining sauce, into an oven-proof dish.

Pop the dish into the oven for 2 minutes before serving. Do be careful as the wings will be hot (in a burny way).

Enjoy!