



Baked chicken wings

Recipe by School Food Matters



Serves 4



Prep: 10 mins

Cook: 45 mins

INGREDIENTS

- 1 kg chicken wings
- 2 Tbsp soy sauce
- 2 Tbsp sweet soy sauce / kecap manis
- 1 tsp Chinese five spice
- 1 lemon, quartered

To serve:

- Rice
- 4 cups seasonal vegetables, such as broccoli and leafy greens
- Chilli oil, to serve (recipe below!)

DIRECTIONS

1. Heat the oven to 190°C. Toss the chicken wings with the soy sauce, sweet soy and five spice until well coated.
2. Line a baking tray with baking paper. Arrange the wings in a single layer with the large, flat side facing down. Place the lemon quarters around the chicken, then scrape all the leftover marinade from the bowl over the wings and onto the tray.
3. Bake for 25 minutes, then turn the wings over.
4. Bake for another 20 minutes, until sticky, well browned and catching slightly around the edges. A little bit of burn is very good here!
5. While the chicken cooks, cook the rice and prepare the vegetables. Keep them simple — steamed, quickly stir-fried or served fresh where appropriate.
6. Squeeze the roasted lemon over the wings. Serve with rice, vegetables and chilli oil, then scrape all the sticky juices and caramelised bits from the tray over the rice.



Afternoons

with Tracey Strong

on 936AM and the ABC listen app





Chilli oil

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Serves 4



10 mins

INGREDIENTS

- 3 Tbsp Korean Chilli Powder
- 1 Tbsp chilli flakes
- 1 tsp Chinese five spice
- 2 tsp sugar
- 1 tsp fine salt
- 4 Tbsp hemp seeds or sesame seeds
- 300g vegetable oil
- 2 slices ginger

DIRECTIONS

1. Place oil and ginger in saucepan on medium high heat.
2. Put all the other ingredients in a deep metal container or another high sided saucepan.
3. Once ginger starts to turn brown, pour all oil over the ingredients in container. Be careful — it will fry and foam up.
4. Allow to cool.

DON'T LIKE SPICE?

Replace both the chilli flakes and Korean chilli with smoked paprika



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