



READY TO COOK
BY HARRIS FARM

3 FRUIT MARMALADE STICKY CHICKEN WINGS WITH SPRING SALAD



PREP
10 min



COOK
2½ hrs



SERVES
4

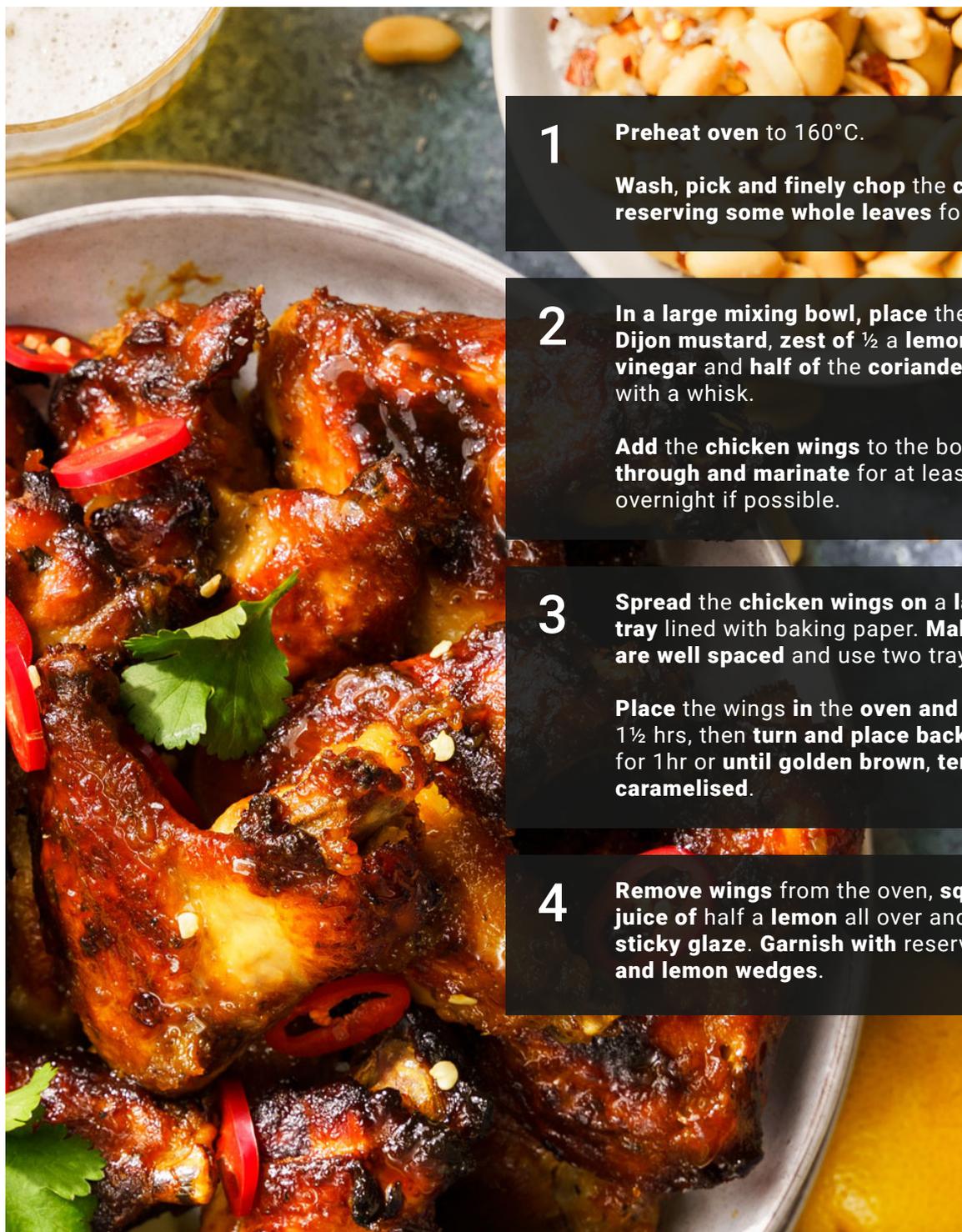
INGREDIENTS:

- > 1.5-1.8kg Chicken Wings
- > ½ Cup Fruit Marmalade
- > 2 Tbsp Dijon Mustard
- > 1 Lemon
- > ½ Coriander Bunch

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 2 Tbsp Red Wine Vinegar
- > 1 Tbsp Olive Oil

METHOD – GET COOKING!



1

Preheat oven to 160°C.

Wash, pick and finely chop the coriander **reserving some whole leaves** for garnishing.

2

In a large mixing bowl, place the marmalade, **Dijon mustard, zest of ½ a lemon, olive oil, vinegar** and **half of the coriander**. **Mix well** with a whisk.

Add the chicken wings to the bowl. **Toss through and marinate** for at least 2 hrs or overnight if possible.

3

Spread the chicken wings on a large baking tray lined with baking paper. **Make sure they are well spaced** and use two trays if needed.

Place the wings in the oven and cook for 1½ hrs, then **turn and place back** in the oven for 1hr or **until golden brown, tender and caramelised**.

4

Remove wings from the oven, **squeeze the juice of half a lemon** all over and **toss with the sticky glaze**. **Garnish with reserved coriander and lemon wedges**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Serve hot with peanuts and your drink of preference.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
online@harrisfarm.com.au