

OVEN ROASTED PERI PERI CHICKEN WINGS SERVED WITH CRISPY OVEN BAKED WEDGES



Serving: 4

Cooking Time: 1 hour

Prep Time: 2 hours 10 minutes

INGREDIENTS

- 4 red chillies, seeded

- 3 garlic cloves
- 5ml (1 tsp) smoked paprika
- 0g (1 punnet) fresh coriander, leaves only
- 125ml (½ cup) sunflower oil
- Juice and zest of 1 lemon
- Salt, to taste
- 12 chicken wings
- Brine
- 600ml cold water
- 45ml (3 tbsp) salt
- 2 garlic cloves, crushed
- 10ml (2 tsp) chilli flakes
- 30ml (2 tbsp) peri peri oil
- 4 potatoes, skin on, cut into wedges and parboil
- 2 large eggs, lightly beaten
- Salt, to taste
- 400g semolina

INSTRUCTIONS

1. To make the peri peri sauce, combine all of the sauce ingredient in a food processor and process until a smooth paste is formed. Spoon into a jar and refrigerate until needed.
2. Put the chicken wings into a large bowl. Make a brine with the water and salt and pour over to cover the chicken wings. Leave in the fridge for about 2 hours. Remove and pat dry. Discard the water. Preheat the oven to 180°C.
3. Place the wings in a large bowl and rub with the garlic, chilli flakes and peri peri

oil well into the skins. Sit on a baking tray lined with baking paper and cook turning them occasionally, for about 30 – 40 minutes. Increase the heat to grill and continue to cook until crispy and golden for a further 5 minutes.

4. In the meantime, get the potatoes ready by placing them in a large bowl, pour over the egg and salt and mix to combine well.
5. Remove one by one the potato wedges from the egg mixture and toss them into the semolina. Place in a colander and shake any excess semolina. Place on a baking tray lined with baking paper and bake until golden.
6. Serve the chicken wings with the wedges and peri peri sauce.