

HONEY MUSTARD WINGS



YOU NEED:

- 1kg chicken wings
- 4 tbs light soya sauce
- 4 tbs Dijon mustard
- 2 tbs liquid honey
- black pepper to taste
- 1 tbs oil for basting

TO DO:

Coat wings with soya sauce, mustard and honey. Leave for at least 30 minutes. Preheat oven or grill to 180oC. Brush wings with a little oil and grill for 30 minutes until nicely browned. Turn once or twice during grilling, basting each time.

SERVES: 4
RECIPE: HOLIDAY FUN!