



Sticky Chicken Wings

Servings: 3

Prep Time: 10min

Cook Time: 20min

Ingredients

- 12-15 chicken wings
 - 60 ml brown sugar
- FOR THE MARINADE**
- 80 ml Barbeque Sauce
 - 60 ml apricot jam
 - 60 ml tomato sauce
 - 10 ml Worcestershire sauce
 - 10 ml spicy barbeque spice
 - 3 ml dried chilli flakes

Directions

1. Place the chicken wings in a shallow container.
2. Mix together all the marinade ingredients and pour over the chicken. Leave to marinate for at least 2 hours, or overnight if you can, turning occasionally.
3. Cook the chicken on the braai, over medium-hot coals and cook for about 20 minutes, brushing with any marinade left in the dish as it cooks. If it's colouring too quickly, move to a cooler part of the barbecue to cook more gently. It's important you cook the chicken all the way through.
4. The chicken can also be cooked in the oven for perfect picnic food. Preheat the oven to 200 ° C Transfer the chicken into a roasting tray with a couple of spoons of marinade. Place in the oven for about 35 minutes, turning occasionally and basting with the marinade and juices until thoroughly sticky and dark golden-brown, adding extra marinade to the tray if necessary.