



Sweet & Sticky Chicken wings and Drumsticks

Ingredients

- tsp Ginger Root, Raw
- 1/2 1/2 tsp Spices, Paprika
- mg MAGGI Lazenby Worcester Sauce
- g Jams And Preserves, Apricot
- g Sauce, Barbecue
- g Tomato sauce, canned, no salt added
- g Sugars, Brown
- Chicken, broilers or fryers, drumstick, meat and skin, raw
- g Seeds, sesame seeds, whole, dried

Instruction

1. Place ginger, paprika, MAGGI LAZENBY Worcestershire sauce, apricot jam, BBQ sauce, tomato sauce and brown sugar into a pan and cook for 4-5 minutes, stirring until the sugar dissolves.
2. Preheat the oven to 180°C and arrange the chicken pieces onto a baking sheet. Bake the chicken for 15 minutes.
3. Remove the baking tray from the oven, turn the chicken, pale side up and baste with some of the sauce, cook for 5 minutes.
4. Turn the chicken over, baste liberally with the sauce and sprinkle the sesame seeds on top, bake for another 5-7 minutes.

Nutrition

Carbohydrates	14.68 g
Energy	499.33 kcal
Fats	26.51 g
Protein	48.11 g

32 Minutes

6 Portions