

# Garlic & Soy Wings

**Serves 2 (or 1 if you eat like me)**

**Hands-on Time 15 minutes**

**Cooking Time 32 minutes**

## Ingredients

- 6 chicken wings (complete wings from joint to tip, approx. 400-500g)
- 2 tbsp cornflour
- 1 tbsp vegetable or sunflower oil
- Salt and pepper (for seasoning)
- 2 tbsp light soy sauce
- 1 tbsp mirin rice wine
- 1 tbsp light brown sugar
- 2 tbsp runny honey
- ½ tbsp sesame oil
- ½ tbsp water
- 3 garlic cloves

## Equipment

- 2 sealable food bags
- Baking parchment
- Baking tray
- Medium-sized saucepan
- Micro-grater
- Spatula
- Oven-proof dish

## Method

### 1. Prepare the Chicken

- Preheat the oven to 200°C/180°C (fan)/400°F/Gas Mark 6.
- Line a baking tray with parchment.
- Add the chicken wings to a food bag with 1 tablespoon of cornflour. Season with salt and pepper, seal the bag, and shake to coat.
- Transfer the chicken to the second food bag and add the oil. Shake again.
- Return the chicken to the first bag, add the remaining 1 tablespoon of cornflour, and shake one final time.
- Place the coated wings on the prepared baking tray, spaced apart.

### 2. Bake the Chicken

- Bake on the middle shelf for 30 minutes, turning the wings halfway through.

### 3. Make the Sauce

- While the chicken bakes, combine the soy sauce, mirin, light brown sugar, honey, sesame oil, water, and grated garlic in a saucepan.
- When the chicken has 11 minutes left, stir the sauce ingredients together and place the saucepan over high heat until bubbling.
- Reduce the heat to low and simmer for up to 10 minutes, stirring occasionally, until the sauce becomes thick and caramel-like. Remove from the heat.

**Coat and Finish**

- Once the chicken is baked, transfer the wings to the saucepan and gently coat them with the sauce.
- Transfer the coated wings and any remaining sauce to an oven-proof dish.
- Bake for an additional 2 minutes to set the glaze.

Enjoy!