

Buffalo chicken wings with Greek yoghurt

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These buffalo chicken wings are perfect for sharing with friends. Serve with vegie sticks and Greek yoghurt dipping sauce.

Ingredients (serves 2)

- 6 whole [chicken](#) wings (see tip)
- 2 tbsp chipotle or harissa paste
- 2 tbsp rice malt syrup or honey
- 2 tbsp lime juice

To serve

- ¼ cup Greek-style natural yoghurt or coconut yoghurt
- 1 small garlic clove, peeled and crushed
- Pepper, to taste
- Vegie sticks: carrot, celery, cucumber or zucchini

Method

Cut chicken wings at the joints (see tip below), you should have 12 meatier pieces, and place in a

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large ceramic or glass bowl. Mix together the chipotle or harissa paste, rice malt syrup or honey and lime juice in a small bowl and pour over the chicken. Mix well, cover and place in the fridge for 30 minutes to one hour.

Preheat oven to 180°C (160°C fan-forced).

Spread chicken wings on a baking tray and bake for 20 minutes. Remove from oven and baste the wings with the pan juices. Change setting to grill and cook for a further two to three minutes for the wings to colour and skin to crisp up.

To serve, mix yoghurt with garlic and sprinkle with pepper. Serve with the chicken wings and vegetable sticks.

Tip: Whole chicken wings generally come in three parts (drumette, wingette and tip). Simply chop them at the joint and use only the meatier portions (drumette and wingette), reserving tips for flavouring homemade stock.

Recipe from Martyna Angell, Wholesome Cook

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