

BBQ Marinated Chicken Wings served with roasted garlic and chilli salsa on cucumber, carrot & herb salad

Serves: 6

Preparation time: 60 min

Cooking time: 10 min

Ingredients:

400ml plain yogurt

1 tbsp smoked paprika

1 tbsp Knorr Chicken Granules

2 tsp cayenne pepper

1 tbsp olive oil

1 lime rind, finely grated

1kg chicken wings, jointed

Roast Garlic and Chilli Salsa

1 head of garlic

3 ripened tomatoes, halved

1 onion, cut into wedges

2 red chillies

To serve: Juice of 1 lime, plus wedges

Pinch of caster sugar

Cucumber, carrot & herb salad

2 cucumbers, coarsely chopped

2 carrots, shredded

1 handful each of basil, coriander and mint

Method:

Whisk yogurt, paprika, cayenne, Knorr chicken granules, olive oil and lime rind in a bowl. Season to taste. Add wings to the mixture and stir to coat the wings. Transfer the mixture together with the wings to a nonreactive container. Cover and refrigerate overnight to marinate.

For the roast garlic and chili salsa, preheat the oven to 180°C. Wrap the garlic in foil and roast until tender (40-50 minutes). Let it cool slightly, squeeze the wings to separate the flesh from the skin and set aside. Meanwhile, place the tomatoes cut-side down on an oven tray lined with baking paper, add the onion, drizzle with oil, season to taste and roast until tender (35-45 minutes). Let the items cool and peel the tomatoes. Process everything together with the chopped chilli in a food processor to create a thick sauce. Season to taste and set aside.

Meanwhile, for the cucumber, carrot and herb salad, combine all the ingredients in a bowl, add a couple of salsa drops and toss to combine.

Preheat a barbecue or char-grill to medium-high temperature. Drain the wings and place them on the grill, turning occasionally, until golden and cooked through (8-10 minutes). Season to taste and serve hot with salsa, salad and lime wedges.