

Satay Chicken Wing

- 450 g Chicken Wings
- Marinade:
 - 125 g smooth peanut butter
 - 2½ tbsps soy sauce
 - 2 cloves of garlic
 - 1 tbsp Fish sauce
 - 2 tbsps Curry powder
 - 3 Limes
 - 1 tbsp soft brown sugar
 - ½ tsp Chilli flakes (or more to taste)

Method:

- Place all of the marinade ingredients into a blender or smoothy maker and blitz into a paste. Place the wings into a resealable bag with 3/4 of this mixture, squish and cover and place in the fridge, marinate them preferably overnight.
- With the remaining marinade add a little milk or coconut milk to make a dip, just enough to make it a good runny texture. Place in the fridge for later.
- To cook
- Preheat your oven to the highest temperature.
- Pop a parchment sheet on a baking sheet and place the wings in skin side up. Cover with foil.
- Place into the oven, turn down to 200 degrees and cook for 20 minutes.
- Uncover, turn the heat back to high and cook until charred and crispy. Approx another 10-15 minutes depending on your oven.
- Serve with the dip.