



## Honey Curry Wings Recipe

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<b>Preparation Time</b>	<b>5</b>
<b>Cooking Time</b>	<b>7</b>
<b>Serving Size</b>	<b>4</b>

### Ingredients:

- 2 cup oil
- 500 g chicken, wings
- 1 cup cornstarch
- 1/4 cup honey
- 1 pack DEL MONTE Quick 'n Easy Curry Mix (40g)
- 4 cup fries, frozen

### Preparation:

1. Dip the chicken in cornstarch. Deep-fry then set aside.
2. Deep-fry the frozen fries until golden brown. Drain and set aside.
3. Mix the honey, DEL MONTE Quick 'n Easy Curry Mix. Toss in the chicken.

### Chef's Tip

When frying, remember not to overcrowd the pan and never season with salt before frying. Overcrowding the pan lowers the temperature of the oil. Salt or seasoning destroys the oil.

### Lusog Notes

This Honey Curry Wings recipe is rich in protein that helps in the regulation and maintenance of the body's fluid balance. It is also a source of niacin, which aids in breaking down carbohydrates, protein and fats.

### Cooking Skills Needed

- Deep Frying