



Portuguese Style Chili Chicken Wings Recipe

Preparation Time	10
Cooking Time	55
Serving Size	5

Ingredients:

FOR THE MARINADE

- 2 pc lemon, juiced and zest reserved
 - 1 Tbsp garlic, chopped
 - 3 pc siling labuyo, chopped
 - 1 cup parsley, chopped
 - 1/2 cup Contadina Extra Virgin Olive Oil
 - 1 pouch DEL MONTE Quick 'n Easy Caldereta Sauce (80g)
 - - salt, to taste
 - 1 Tbsp paprika
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- 1 kg chicken, wings

Preparation:

1. Mix all ingredients for the marinade.
2. Pour over chicken and marinate for at least 30 minutes.
3. Grill or pan-grill until cooked.

Chef's Tip

When marinating meats, be sure to place the marinating meat in the chiller so it stays fresh.

Lusog Notes

This Portuguese Style Chili Chicken Wings recipe is high in protein that is needed for growth, development and repair of body tissues. It is also high in niacin which promotes normal digestion and healthy skin.

Cooking Skills Needed

- Grilling