



Spicy Honey Garlic Wings Recipe

Preparation Time	5
Cooking Time	16
Serving Size	5

Ingredients:

FOR THE SAUCE

- 1 pouch DEL MONTE Tomato Paste (70g)
- 2 Tbsp garlic
- 2 Tbsp calamansi juice
- 1/2 cup honey
- 2 Tbsp soy sauce
- 1/4 cup sriracha

- 500 g chicken, wings
- 1/2 cup cornstarch
- 2 cup oil, for deep-frying

Preparation:

1. Mix all ingredients for the sauce. Simmer for 5 minutes.
2. Coat the chicken wings in cornstarch, deep-fry until golden brown then drain excess oil.
3. Toss the chicken in the sauce.

Chef's Tip

To toss the wings and get an even coating of sauce, place the wings in a bowl. Pour enough sauce to coat and toss using the bowl.

Lusog Notes

This recipe provides you a source of iron and niacin. Iron is needed for normal metabolism while niacin helps in breaking down carbohydrates, protein and fats.

Cooking Skills Needed

- Deep Frying

Cooking Tools

- Sauce Pot