

## Marmalade Soy Chicken Wings

Serves 6 (4 apiece)

- 24 chicken wings
- 320 g orange marmalade
- 2 T rice vinegar
- 1 T shoyu
- 1 T garlic, minced
- 1 T lime juice
- ¼ tsp cayenne pepper



1. Preheat oven to **220°C**.
2. Mix together **marmalade, vinegar, shoyu, minced garlic, lime juice** and **cayenne**.
3. Place **marinade** and **wings** in a plastic resealable bag and seal. Coat evenly by moving wings around in the bag. Marinate wings in refrigerator for **at least an hour or preferably overnight**.
4. Spray a baking pan with cooking spray and spread wings out on tray.
5. Pour marinade from bag into saucepan and bring to a boil. Gently boil marinade for a couple of minutes. Use cooked marinade for basting wings.
6. Roast wings until skin is crispy and brown, **about 40 to 50 minutes**. Baste after 15 minutes and 3 more times until fully cooked through, the juices run clear when pierced, and reads **74°C** on a meat thermometer.
7. Remove from oven and serve.