

# Honey & Lemon Chicken Wings

**Serves: 4-6**

**From the garden:** lemon thyme, lemons

## Ingredients:

- 1 kg chicken wings
- 4 tbsp honey
- 1 tbsp lemon thyme leaves
- 3 tbsp e.v. Olive oil
- 1 tbsp lemon zest
- 4 tbsp lemon juice

## Equipment:

Basic toolbox, roasting pan, box grater, large metal bowl

## Method:

1. Preheat oven to 200° C.
2. Cut wing tip of chicken wing and discard. Cut remaining wing in half at the joint. Set aside.
3. *Now we make a marinade for the chicken.*  
Wash lemon and dry thoroughly. Using a box grater, grate lemon zest into large bowl.
4. Chop lemon in half and juice. Measure juice and add to bowl.
5. Measure honey into a microwave proof dish. Microwave on high for 20 secs. This will soften the honey making it easier to mix through the marinade.
6. Wash and dry lemon thyme sprig thoroughly. Now remove leaves from sprig, measure and add to marinade.
7. Measure olive oil to marinade.
8. Now whisk everything together. Add chicken wings and coat in marinade.
9. Place chicken wings in a single layer in roasting pan.
10. **\*Place roasting pan in oven.\*** Cook until golden brown, approx 30-40mins.
11. Serve wings with a crisp salad or some stir fried Asian greens.

Enjoy!

**Tasks within two \* \_\_\* means please get an adult to help.**

Recipe reference: by Maggie Beer, "Cook and the Chef" TV Program, [www.abc.net.au](http://www.abc.net.au)