THE J.M. SMUCKER Co

Honey Garlic Chicken Wings

Prep Time	Cook Time	Serves	Difficulty
25 mins	30 mins	24	N/A

Ingredients

- **Sauce:**
- 1 tbsp (15 mL) Canola Oil
- 1 small onion, finely chopped
- 6 cloves garlic, chopped
- 2 tsp (10 mL) fresh ginger, chopped
- 1/4 tsp (1 mL) chili flakes, optional
- 3/4 cup (175 mL) honey
- 1/4 cup (50 mL) lemon juice
- 1/4 cup (50 mL) soy sauce
- 2 tbsp (30 mL) ketchup
- **Chicken:**
- 1 cup (250 mL) **Robin Hood®** Original All Purpose Flour

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- 12 chicken wings, tips removed and cut in half
- 1/4 cup (50 mL) Canola Oil

Directions

Step 1:

Sauce: Heat oil in small sauce pan. Add onion, garlic, ginger and chili flakes. Cook for 2 to 3 minutes until soft. Add remaining ingredients. Bring to a boil, lower heat and cook for 5 minutes.

Step 2:

Chicken: Preheat oven to 375ºF (190ºC).

Step 3:

Place flour in a large bowl or plastic bag. Toss wings in flour.

Step 4:

Heat oil over medium heat in a large skillet. Add chicken and cook until golden brown. Do not worry about fully cooking chicken as it will bake in the oven.

Step 5:

Place chicken and sauce in a 9” x 13” (3 L) baking dish.

Step 6:

Bake uncovered in preheated oven for 30 minutes or until sauce is bubbling and chicken is cooked through.

Images

