

Pepper BBQ Chicken Wings

Total time 215 mins 10 mins preparation time 180 mins marinating time 25 mins cooking time

Nutritional facts (per portion):

3,612 kJ / 864 kcal

INGREDIENTS

4 portion(s)

2 kg chicken wings

Salt

For the marinade:

organic limegarlic clove

6 tbsp <u>Kikkoman Naturally</u>

Brewed Sweet Soy Sauce

2 tbsp sesame oil2 tbsp olive oil

Freshly ground pepper

Paprika (mild) Chilli powder

For the vegetable couscous and chilli yoghurt:

200 g couscous

2 small sprigs of rosemary

auberginecourgette

300 g cherry tomatoes

1 onion

3.5 tbsp <u>Kikkoman Teriyaki Sauce</u>

with Roasted Garlic

3 tbsp olive oil

Freshly ground pepper

250 g natural yoghurt3 tbsp tomato ketchup

Chilli powder

1.5 tbsp <u>Kikkoman Naturally</u>

Brewed Soy Sauce

Fat: **49.3** g Protein: **49.5** g Carbohydrates: **49.5** g

PREPARATION

Step 1

Cook the chicken wings in a pan of boiling salted water for approx. 20 minutes. Drain and allow to cool a little. Prepare the marinade by washing the lime under hot water, then patting it dry. Grate off some of the zest, cut the lime in half and squeeze out the juice. Peel and finely chop the garlic. In a bowl, stir together the lime zest and juice, soy sauce, sesame oil and olive oil, garlic, pepper, paprika and chilli powder. Brush the chicken wings with the marinade and put in the fridge for around 2 or 3 hours until you're ready to start the barbecue.

Step 2

Prepare the couscous according to the package instructions. Wash the rosemary. Wash the aubergine, courgette and tomatoes. Trim the ends off the aubergine and courgette and dice the flesh. Peel the onion and cut into strips. Mix together the Teriyaki sauce, oil and pepper and add the aubergine, courgette, tomatoes, onion and rosemary, tossing to coat.

Step 3

To prepare the dip, mix the yoghurt and ketchup together and season to taste with chilli powder and soy sauce.

Step 4

Cook the chicken wings on the barbecue for

approx. 10-20 minutes and the vegetables for approx. 10-15 minutes (closing the lid, if your barbecue has one). Arrange the couscous and vegetables attractively on a platter and garnish with the chilli yoghurt. Serve alongside the chicken wings.

Step 5