

OVERALL time: 40 mins

Jerk chicken wings with sweet chilli sauce

For dinner, with drinks or at a picnic, wherever you choose to serve these Caribbean Jerk chicken wings, they're going to be a hit.

Metric

Number of servings : 4

ingredients

For the sweet chilli sauce

- 125 ml shop-bought sweet chilli sauce
- 5 ml **Cape Herb and Spice Caribbean Jerk**
- 1 Clove of garlic, finely minced
- 1 zest of lime, grated as finely as possible
- 15 ml Corriander leaves finely chopped

For the chicken wings

- 700 g Large free range chicken wings
- 15 ml Olive oil
- 15 ml **Cape Herb and Spice Caribbean Jerk**

To serve

- 30 ml Sesame seeds
- Lime wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 25 mins

Mix together all the ingredients for the sweet chilli sauce and set aside for the flavours to infuse.

Use a pastry brush to paint the chicken wings with the olive oil and dust all over with 15ml **Cape Herb & Spice Caribbean Jerk Rub**. Pack the wings in a single layer in an air fryer pre-heated to

180 degrees Celsius. Air fry for 10 minutes, then paint the wings with 45ml of the sweet chilli sauce. Air fry for a further 10-15 minutes until cooked through. Toast the sesame seeds in a clean, dry pan for a minute or two until they just start to turn golden.

Scatter toasted sesame seeds over the wings and serve hot or at room temperature with the sweet dipping sauce and wedges of lime.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://mail.capeherb.co.za>
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