



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Stand time: 2-24 hours

Cook time: 45 mins

Serves: 4

INGREDIENTS

- 1 kg chicken wings
- 1 tsp pink salt
- Juice and zest of 1 medium lemon
- ¼ tsp ground black pepper
- ¼ cup olive oil

METHOD

- Preset oven to 200°C (400°F).
- Stand wire rack on lined baking dish and set aside.
- Cut chicken wings through the joints and discard the tips, keeping the other 2 pieces.
- Combine lemon juice, zest, olive oil, salt and pepper into a bowl and beat well.
- Pour lemon mix over chicken wings, and let stand for at least 2 hours (or overnight)
- Place wings onto prepared tray, and bake for 15 minutes, then reduce heat to 180°C (350°F) and cook a further 30 minutes. (for medium size wings)
- Serve as finger food, hot or cold, or with salad or vegetables.

LEMON CHICKEN WINGS

