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Teriyaki Chicken Wings

Ingredients

1fl oz. water
1fl oz. soy sauce
0.5 oz. sugar
1 tsp. pineapple juice
1 tsp. peanut or vegetable oil
1 clove garlic, minced
½ tsp. minced ginger
4 chicken wings

Preparation

1. Mix the water, soy sauce, sugar, pineapple juice, oil, garlic and ginger in a bowl. Marinade the chicken in this mixture in the refrigerator for 20 minutes
2. Preheat the oven to 180°C
3. Place the chicken wings in an ovenproof dish, discard any extra marinade. Bake them for 20 minutes or until the chicken is cooked through and the glaze is evenly browned
4. These are great hunger busters that can be paired with a healthy salad or some rice or just a dip.

Cooks Note

Very versatile little wings that are perfect for one or for thirty. Just keep on doubling up the ingredients