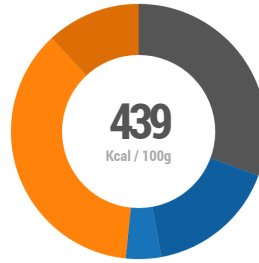


Korean Wings

Deep fried chicken wings in a spicy sweet BBQ sauce

OVERVIEW ...



CALORIES:

21% Carbs

30.6% Protein

48.4% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



SESAME

MAY CONTAIN:



WHEAT



CELERY



MUSTARD

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

5946 Sysco Classic Cornflour (22 Aug 2023)..

CORN FLOUR

BRAKES **5g**

unchanged

151641 World of Spice Sesame Seeds Whole..

SESAME SEEDS WHOLE

BRAKES **1g**

N/A

10473 Spring Onions Bunch..

SPRING ONIONS BUNCH FRESH DIRECT

BRAKES **2g**

unchanged

105625 British Red Tractor Steam Cooked 2 Joint Wings..

CHICKEN WINGS

BRAKES **221g**

3x Each



149600 Lion Sticky BBQ Sauce.. - BRAKES

149600 STICKY BBQ SAUCE

BRAKES **60g**

0.05 x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 153g / 676kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the chicken wings
Thinly slice the spring onions
Toast the sesame seeds

Method:

1. Dust the wings with cornflour, and deep fry @175oC until golden brown and cooked through - drain well
2. Toss the wings in the BBQ sauce
3. Sprinkle with the spring onions, sesame seeds and serve