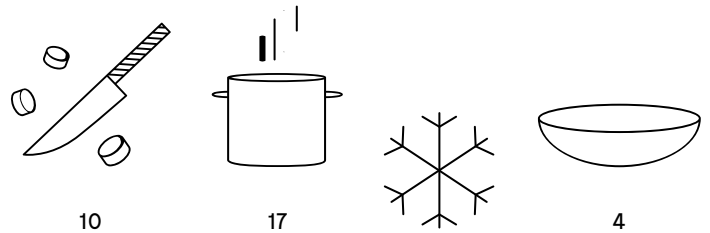




Coco Tamrind Fried Wings

Combining sweet, savoury and sticky flavours and textures to create a tasty dish full of Asian notes.



Ingredients

For the wings:

- 1.2kg Organic Chicken wings
- 30g The Groovy Food Company Coconut Flour
- 6 Spring onions, sliced
- 3 Red chillies, deseeded and sliced

For the Sauce

- 100g Tamarind paste
- 10 Garlic cloves
- 175ml coconut vinegar
- 100ml The Groovy Food Company Dark Agave Nectar
- 150g Korean hot red pepper paste
- 500ml The Groovy Food Company Virgin Coconut oil

Directions

1. Preheat oven at 200°C. Place all the ingredients for the sauce into a blender and whizz for 1-2 minutes.
2. Lightly coat the chicken breasts in coconut flour, salt and pepper.
3. Heat a large frying pan with coconut oil and add the chicken wings, cooking on each side for two to three minutes until slightly golden.
4. Once the chicken is cooked, turn off the heat and add the sauce to the pan, stirring thoroughly to coat all the wings.
5. Cook the wings in the oven for 12 mins. Once done, serve in bowls with sliced chillies and springs onions and dig in to enjoy!

Salt & Pepper to taste