

Wings

SERVES:

4-5

PREP TIME:

20 Mins

COOK TIME:

30 Mins

INGREDIENTS

☐ Chicken Wings

☐ Salt

☐ Vegetable Oil

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NOTES

DIRECTIONS

1. Cut up chicken wings then place in large bowl and coat with salt.

2. Cover with plastic and store in fridge overnight.

3. Heat a pot of vegetable oil on medium heat.

4. Place wings in batches in oil and cook 4-5 mins.

5. Place on wire rack with foiled baking sheet underneath.

6. After going through all chicken, re-fry wings for 2-3 mins

