

# Low FODMAP Sticky Chinese Chicken Wings

Serves: 5

Prep: 15 minutes

Cook: 45 minutes



Ingredients	Metric	Imperial
Chicken wings	1200 g	42.3 oz
1 tsp sesame oil	5 g	0.2 oz
1 tbsp rice wine vinegar	20 g	0.7 oz
2 tbsp brown sugar	40 g	1.4 oz
3 tbsp soy sauce	60 g	2.1 oz
¼ cup tomato paste	56 g	2 oz
1½ tbsp oyster sauce	30 g	1 oz
1 tbsp garlic-infused olive oil	18 g	0.6 oz
½ tsp Chinese five spice	1 g	0.03 oz
2 tbsp spring onion, green tips only	6 g	0.2 oz
2 tsp sesame seeds, toasted	10 g	0.4 oz
1 tbsp fresh coriander	2 g	0.07 oz
½ mild red chilli (deseeded & finely sliced)	14 g	0.5 oz

## Method

1. Preheat the oven to 180°C/350°F.
2. Place the chicken wings in a large bowl. Mix the sesame oil, rice wine vinegar, brown sugar, soy sauce, tomato paste, oyster sauce, garlic infused oil and Chinese five spice in a small bowl. Pour the marinade over the chicken wings and mix through. Allow to marinate for 10 minutes.
3. Line a roasting tray with baking paper or grease well. Pull the chicken wings out of the marinade and place in the roasting tray. Reserve the left over marinade for basting.
4. Place the chicken wings in the oven. Baste after 15 minutes with half of the left over marinade, then pour the rest of the marinade over the chicken at 30 minutes.
5. Bake for 40 to 50 minutes until the meat is tender, and the wings are sticky and a gorgeous dark red/golden colour.
6. Toast sesame seeds in a small frypan over medium-high heat for 1 to 2 minutes (no oil needed). Remove as they start to turn golden brown. Finely chop the green spring onion tips, red chilli, and fresh coriander.
7. Serve with a sprinkle of sesame seeds, some roughly chopped fresh coriander, finely chopped spring onion tips, and some rings of fresh chilli.

## Hints

- Make sure that your oyster sauce and Chinese five spice do not include onion or garlic.
- Gluten-free option: If you have Coeliac disease and need to be trace gluten-free, then make sure your soy sauce, oyster sauce, and Chinese five spice are gluten-free.

Nutrition Information (per serve)	
<b>Energy</b>	3065 Kj / 733 cal
<b>Protein</b>	69.50g
<b>Carbohydrates</b>	10.80g
<b>Sugar</b>	12.30g
<b>Total Fat</b>	45.90g
<b>Saturated Fat</b>	13.10g
<b>Fibre</b>	1.00g