



## Crispy chicken wings with slaw and buttermilk sauce

### Ingredients: (Serves 4)

1kg chicken wings  
1 tablespoon smoked paprika  
2 heaped teaspoons baking powder  
pinch of salt  
½ cup reduced-fat Greek yoghurt  
¼ cup buttermilk  
1 tablespoon Dijon mustard  
small handful chives, finely chopped  
1 garlic clove, finely grated  
zest and juice of 1 lemon  
2 baby cos, leave separated  
4 radishes, thinly sliced  
2 celery stalks, thinly sliced on an angle  
2 spring onion, thinly sliced on an angle  
1 green apple, julienned

### Equipment:

Non-slip mat  
Chopping board  
Sharp knife  
Baking tray  
Mixing bowls  
Microplane  
Tongs

### Method:

1. Preheat oven to 120°C (fan-forced). Combine chicken wings, paprika, baking powder and salt in a large bowl. Toss until evenly coated. Arrange chicken wings on a lined baking tray and bake for 30 minutes. Increase oven to 220°C (fan-forced) and bake for a further 30-40 minutes or until chicken wings are golden and crispy.
2. To make the buttermilk sauce, combine Greek yoghurt, buttermilk, mustard, chives, garlic and lemon zest in a small bowl.
3. Combine cos leaves, radish, celery, spring onion, apple and lemon juice in a large bowl. Toss to coat.
4. Serve chicken wings alongside slaw and buttermilk dipping sauce.

### Nutrition Information: (Per serve)

Energy:	2682kJ (640cal)	Protein:	45.1g	Total Fat:	45.2g
Saturated Fat:	13.9g	Carbohydrate:	10.8g	Sugars:	9.8g
Fibre:	4.5g	Sodium:	488mg		