



## **Crispy Chicken Wings with Sweet and Sticky Sauce**

Recipe by Megan Daniels

Serves: 6-8

Cooking: 50min

Difficulty: Easy

### **Ingredients :**

- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 red chili pepper, seeded and minced
- 1 tablespoon olive oil
- 3 cups tomato sauce
- 1 cup firmly packed Selati Brown Sugar
- 1 cup apple cider vinegar
- ½ cup apple juice
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- ½ teaspoon dried crushed red pepper

### **Methods :**

- Sauté onion, minced garlic and chili in hot olive oil in a large saucepan over a medium-high heat for 4-5 minutes or until tender.
- Stir in tomato sauce, selati brown sugar, vinager, apple juice, worcestershire sauce, kosher salt, freshly ground black pepper and dried chili flakes.
- Bring to boil stirring occasionally. Reduce heat to low and allow to simmer for half an hour.
- Use immediately or refrigerate in an airtight container for up to one month.