

6-Spice Chicken Wings

Courtesy of Kultered Wellness
www.kulteredwellness.com

kitchen scales
baking tray
large bowl
measuring spoons

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1. **Bring** to room temperature 1 kg (2 lb) **organic chicken wings**

 2. Meanwhile, **grease** or line the baking tray.

 3. **Preheat** oven to 180°C (355°F) fan forced.

 4. In the large bowl, **mix** together ½ - 1 tsp **chili powder**
½ - 1 tsp **garam masala**
½ - 1 tsp **ground cloves**
1 tsp **paprika**
1 tsp **turmeric powder**
1 tsp **cumin**
salt and pepper to taste

 5. **Add** the room temperature chicken with 2 TBS **butter or oil**, melted

 6. Use your hands to **mix** everything together so that the chicken is evenly coated.

 7. **Place** the wings on the baking tray and **roast** for 20 to 30 minutes or until golden brown and cooked through.

 8. When ready, **remove** from oven and let **rest** for 5 to 10 minutes before serving.
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