



SPICY SEVILLE ORANGE CHICKEN WINGS



SERVES:

2

PREP TIME:

15M

COOK TIME:

40M

DAIRY FREE

INGREDIENTS:

¼ Cup Crofter's Organic Just Fruit Seville Orange Fruit Spread

1 lb Chicken Wings

¼ Cup Balsamic Vinegar

2 Tbsp Water

½ Tbsp Soy Sauce

1-2 Tbsp Red Chili Flakes

1-2 Tbsp Sriracha

2 Tbsp Coconut Oil

Pinch of Salt

Pinch of Pepper

Fresh Parsley (Garnish)

½ Tsp Fresh Lemon Juice (Garnish)

DIRECTIONS:

1. Preheat oven to 400°F and line a baking tray with parchment paper. Spread the wings out evenly and cook for 40 minutes (or until the wings are golden brown). Make sure to check the instructed cooking length to ensure the chicken wings are cooked fully.
2. While the chicken wings are cooking, prepare the Seville orange sauce. In a small sauce pot add in the coconut oil first and let it melt over medium heat. Next, add in the Crofter's Organic Just Fruit Seville Orange Fruit Spread, balsamic vinegar, soy sauce, water, sriracha & red chili flakes. Taste the sauce and add in a pinch of salt & pepper to your liking. Bring to a boil for 5 minutes whisking frequently and then reduce to a simmer for 10 minutes (or until chicken wings are done).
3. When the chicken wings are finished cooking, remove from the oven and let cool slightly. This will help the sauce stick better to the wings. Add the wings into a large mixing bowl and then pour the Seville orange sauce over them. Give the wings a toss to coat. Garnish with fresh parsley and a squeeze of fresh lemon juice. Enjoy!