

Less than 1 hour

Serves 4

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Ingredients:

Chicken wings:

- ½ cup (125ml) tomato sauce
- 2 Tbsp (30ml) honey
- 1 Tbsp (15ml) Worcestershire sauce
- 1 Tbsp (15ml) fresh parsley, chopped
- 10 drops Tabasco sauce
- 1.5kg chicken wings, partially roasted

Dipping sauce:

- ⅓ cup (80ml) blue cheese
- ¼ cup (60ml) cream

Method

1. Preheat oven to 180°C.
2. Mix tomato sauce, honey, Worcestershire sauce, parsley, and Tabasco sauce together.
3. Toss chicken wings in sauce to coat.
4. Place on a baking tray lined with baking paper.
5. Bake for 30-40 minutes until golden and cooked through.
6. Melt blue cheese and cream together in a small saucepan.
7. Serve blue cheese sauce with hot chicken wings.

Good idea: No cream at hand? Simply blitz blue cheese and ¼ cup (60ml) plain yoghurt together for an easy dip!

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