



COOKING

SPICY CHICKEN WINGS

www.activitytv.com

DESCRIPTION

For some finger lickin' snacks look no further than Chef Kate Honeyman. She'll show you how to make some super Spicy Chicken Wings.

INGREDIENTS

- 3 sprigs fresh oregano
- 1/2 tsp red pepper flakes
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- fresh-cracked black pepper
- 4 pounds chicken wings

DIRECTIONS

1. Clean and gently chop the oregano leaves.
2. Mix together the oregano, red pepper flakes, oil, butter, and black pepper in a deep dish. Add the chicken wings and coat completely in the marinade. Let marinate in the refrigerator for at least 1 hour.
3. Preheat oven to 400°F.
4. Roast the marinated chicken for 15 to 20 minutes, until thoroughly cooked.