

# SPICY CHICKEN WINGS WITH BLUE CHEESE DIP

## YIELDS

6 Servings

## INGREDIENTS

### FOR THE BLUE CHEESE DIPPING SAUCE

50 g blue cheese (Stilton, Gorgonzola, Roquefort, etc.)

50 g cream cheese

200 ml buttermilk

1 handful parsley (chopped)

1 handful chives (roughly chopped)

### FOR THE CHICKEN WINGS

- 3 cups parmesan cheese (grated)
- 3 tsp dried oregano
- 3 tsp paprika
- 3 tsp dried parsley
- 1 tsp dried chili flakes
- 1 tsp salt
- 1 tsp ground black pepper
- 2 kg chicken wings (24 wings, pointy bits removed and wings cut in half at the joint)
- 250 g butter (melted)



## METHOD

### FOR THE BLUE CHEESE DIPPING SAUCE

Make the blue cheese dipping sauce by blitzing all the ingredients in a blender. Set aside.

### FOR THE CHICKEN WINGS

Preheat 1 the oven to 180°C.

In a bowl, mix the parmesan, oregano, paprika, parsley, chilli flakes and salt and pepper. Dip each chicken wing in melted butter and then into this seasoning mixture and lay in a foiled tray ready for the oven.

Roast the wings until dark and crispy (roughly 40 minutes) and serve hot with the dipping sauce.

## Cook's Tip

Most of the time, the wings are drenched in a tangy marinade laced with sugar for those crispy stickies burnt bits. Here is a sugar free version that we hope will guarantee the same satisfaction.