



## Slow-cooker Asian BBQ Wings

Serves: 4

### Ingredients

½ cup ketchup

½ cup sweet chilli sauce

¼ cup brown sugar

¼ cup honey

1 tbsp Worcestershire sauce

1 tbsp dark sweet soy sauce

2 garlic cloves, finely grated

1 kg chicken wings

#### Chilli Lime Sesame Sprinkles:

Finely grated zest of 1 lime

2 tsp black sesame seeds

2 tsp white sesame seeds

½ tsp chilli flakes (or to taste)

½ tsp sea salt

### Instructions

#### STEP 1

Add the ketchup, sweet chilli sauce, brown sugar, honey, Worcestershire sauce, dark sweet soy sauce and garlic to the bowl of a slow cooker. Mix well, then add the chicken wings. Mix to coat. Slow cook on high for 3 hours or on low for 6-8 hours.

#### STEP 2

Mix the ingredients for the chilli lime sesame sprinkles and set aside in the fridge until ready to serve.

**STEP 3**

Preheat oven grill to high.

**STEP 4**

Open the slow cooker and transfer the chicken wings to a baking tray lined with foil. Transfer the braising sauce left in the slow cooker to a saucepan over high heat. Simmer for 10 minutes or until the sauce is thick enough to coat the back of wooden spoon. Remove from heat.

**STEP 5**

Brush the wings with the thickened sauce. Cook under the hot oven grill for 3 minutes, then turn the wings over and brush the other side with sauce. Grill for another 3 minutes. Sprinkle the wings with the chilli lime sesame mixture and serve.