



HOST  
OLYMPIA LONDON

## RECIPE CARD

# SESAME & MISO CHICKEN WINGS

## INGREDIENTS

1.2kg chicken wings  
40ml vegetable oil  
Salt  
Ground black pepper  
1 tbsp harissa spice mix  
200g plain flour  
3 eggs  
60ml semi skimmed milk  
160g panko breadcrumbs

### Glaze

80g caster sugar  
160ml water  
80g miso paste  
80ml rice wine vinegar  
1 red chilli, sliced  
2 spring onions, sliced  
Fresh coriander, chopped, to serve  
1 tbsp sesame seeds, toasted

**SERVES 4**

## METHOD

1. Season chicken wings with harissa spice mix, salt and pepper.
2. Whisk eggs together, then dip wings into flour, egg, then breadcrumbs; repeat this process twice until wings are well coated with breadcrumbs.
3. Deep fry in hot oil, set to 170°C until golden brown. Carefully remove from oil with slotted spoon and drain well.
4. Place into oven at 180c to finish cooking for 10–15 mins.
5. To a pan add water and caster sugar, bring to boil and reduce by half.
6. Add miso and rice wine vinegar, reduce further to a sticky glaze.
7. Drizzle glaze over top of wings, then garnish with chilli, spring onions, sesame seeds and coriander.

Per portion: Energy 4528 kJ/1082 Kcal Fat 60.2g Saturates 8.8g Sugars 27.1g Salt 3.79g