



# SPICY MANGO CHICKEN WINGS



SERVES:

4-5

PREP TIME:

15M

COOK TIME:

45M

GLUTEN FREE

## INGREDIENTS:

Chicken Wings

2Lb Chicken Wings

1 Tsp Garlic Powder

½ Tsp Salt

½ Tsp Pepper

1 Tsp Smoked BBQ Seasoning

1 Tbsp Fresh Lime Juice

Mango Sauce

1 Cup Crofter's Organic Premium Mango Fruit Spread

¾ Cup Water

8-10 Red Thai Chiles (Diced)

4 Tbsp Honey

2 Tbsp Butter

## DIRECTIONS:

1. Preheat oven to 400°F and line a baking tray with parchment paper. In a medium sized mixing bowl, combine the chicken wings with the garlic powder, salt, pepper, smoked BBQ seasoning, and fresh lime juice. Toss to coat or use a spatula. Place in the oven and bake for 45 minutes turning halfway through.
2. While the wings are cooking, make the sauce. In a small mixing bowl combine the Crofter's Organic Premium Mango Fruit Spread, water, red chiles, and honey using a whisk.
3. Transfer the sauce to a small sauce pot and then bring to a boil over medium to high heat. Once boiling, add in the butter and turn off the heat stirring frequently. This will help thicken up the sauce. Let the sauce cool.
4. When the wings are finished in the oven, toss them in the wing sauce, serve and enjoy!