



🕒 Approximately **35 min**

🔥 **1,090** kcal p.p.

👤 **4** persons

WHAT YOU NEED

- A package of chicken wings: 2 pcs
- Nectarine: 4 pcs
- Spinach: 400 g
- A jar of chickpeas: 1 pcs
- Garlic bulb: 1 pcs
- Lemon: 1 pcs

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Olive oil
- Sweet paprika powder: 2 tsp.
- Honey: 2 tsp.

ALLERGENS

GRILLED CHICKEN WINGS WITH NECTARINE SPINACH SALAD AND ROASTED CHICKPEAS

GRILLED CHICKEN WINGS

- Preheat your outdoor bbq. Alternatively, you can preheat your oven to 200°C and bake the chicken wings for 15 min. per side.
- Peel and press 2-3 garlic cloves. In a larger bowl, combine pressed garlic, a dash of lemon juice, sweet paprika powder and honey. Season with salt and pepper. Add the chicken wings and combine until they are well coated.
- Grill the chicken wings until well coloured and tender.

NECTARINE SPINACH SALAD AND ROASTED CHICKPEAS

- Drain the chickpeas into a colander and rinse them with water. Heat 1-2 tbsp. olive oil in a pan. Add the chickpeas, another pinch of sweet paprika powder and a good pinch of salt. Fry on medium/high heat until lightly browned and aromatic. Leave to cool down afterwards.
- Wash the spinach and discard the ribs. Pick the leaves into bite-sized pieces. Wash and pit the nectarines. Cut them into wedges and grill them on your bbq until well coloured.
- In a bowl, combine spinach, chickpeas and nectarines. Fold in 1 tsp. grated lemon zest, a dash of lemon juice, a good dash of olive oil and a pinch of salt and pepper. Mix well before serving.

SERVING

- Arrange the chicken wings on a larger plate and place them with the salad on the ready-laid table.