



Honey & Garlic Chicken Wings with Caribbean mustard vegetables

Caribbean mustard sauce:

- Stir the dijon mustard with the Worcestershire sauce, honey and lime juice and lightly smooth with a whisk. Add Tabasco or chili sauce to taste.

Vegetables:

- Cut the peppers in half and remove seeds, then cut into strips.
- Cut the green beans or black-eyed peas into large 3cm pieces.
- Remove any stems or hard edges from the sugar snap peas and cut them into strips.
- Cut both courgettes into pieces of 1 to 4 cm.
- Remove seeds from the peppers (if you like it spicy, leave them in!). Then cut into rings.
- Heat the olive oil in a shallow pan or wok and add the pepper strips and green beans or black-eyed peas, stirring continuously.
- Add the remaining vegetables after 2 min. and stir fry the mix for another ± 5 min.

To Serve:

- Add the Caribbean mustard sauce to the vegetable mix and stir to taste with salt.
- Put the vegetable mix in the centre of a serving plate and place the heated wings around for an appetising, great tasting dish.

Enjoy!

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Recipe

- **12 tablespoons of Dijon mustard**
- **1 tablespoon Worcestershire sauce**
- **1 tablespoon honey**
- **Juice of 1 Lime**
- **Tabasco or chilli sauce to taste**
- **3 tablespoons olive oil**
- **300g peppers (red/yellow/green)**
- **100g green beans or black-eyed peas**
- **100g sugar snap peas**
- **1 yellow and 1 green courgette**
- **1 Spanish pepper**
- **Salt to taste**

Recipe serves 4-6 people.