



Adobo Chicken Wings

4 servings

40 minutes

Ingredients

- 2 lbs Chicken Wings
- 3/4 cup Rice Vinegar
- 3/4 cup Tamari
- 1 tsp Black Peppercorns
- 8 Garlic (cloves, minced)
- 2 Bay Leaf
- 1 1/4 cups Water
- 1/2 cup Canned Coconut Milk

Nutrition

Amount per serving	
Calories	533
Fat	35g
Saturated	13g
Trans	0g
Polyunsaturated	6g
Monounsaturated	12g
Carbs	7g
Fiber	1g
Sugar	1g
Protein	46g
Cholesterol	252mg
Sodium	3217mg
Potassium	608mg
Vitamin A	66IU
Vitamin C	2mg
Calcium	55mg
Iron	2mg
Vitamin D	11IU
Vitamin E	1mg
Vitamin K	0µg
Thiamine	0.2mg

Directions

- 1 In a large saucepan or pot, combine the chicken wings, vinegar, tamari, peppercorns, garlic, bay leaves and water. Close the lid and bring to a boil. Reduce heat and simmer for 30 minutes.
- 2 Set oven to high broil and line a baking sheet with foil. Transfer chicken wings to the baking sheet and broil for 3 to 5 minutes per side, or until slightly charred.
- 3 In a small bowl, combine coconut milk and a few tablespoons of the juices from the saucepan (to taste). Discard the remaining juices. Serve the adobo chicken wings with the coconut sauce on the side, and enjoy!

Notes

Serving Size: There is 1/2 lb of wings per serving. The number of wings will depend on the size.

No Rice Vinegar: Use apple cider vinegar instead.

Deeper Flavour: Let the ingredients marinate in the saucepan for about 20 to 30 minutes before cooking.

Leftovers: Refrigerate in an airtight container up to 3 days.

Meal Prep: Add all ingredients except coconut milk into a freezer-safe container or bag. Defrost overnight when ready to cook.

Slow Cooker Version: Place all ingredients except coconut milk into the slow cooker. Set on low for 5 to 6 hours or high for 2 to 3 hours (or until chicken is cooked through). Finish off in the broiler (optional).

Riboflavin	0.3mg
Niacin	15mg
Vitamin B6	1.4mg
Folate	26µg
Vitamin B12	0.6µg
Phosphorous	358mg
Magnesium	61mg
Zinc	3mg
Selenium	41µg