



Love Spicy – Finger Licking Chicken Wings adding our "Gluten Free" Outback Spirit Texas BBQ Rub, will have you craving more.

### **Recipe: "Outback Spirit" – Texas BBQ Chicken Wings**

#### **Ingredients:**

1kg Chicken Wings

#### **Marinade/Rub:**

1 Tablespoon – Olive Oil

50-60g – Outback Spirit – Texas BBQ Rub (Gluten Free)

#### **Accompaniment:**

200g Natural Set Greek Yoghurt

1 Teaspoon - Outback Spirit – Texas BBQ Rub (Gluten Free)

#### **Method:**

\*Drizzle chicken wings with olive oil and massage with Outback Spirit Texas BBQ Rub and set aside in fridge for 30 minutes or longer.

\*Pre Heat your oven to 220 C

\*Place marinated chicken wings onto cake rack on a baking tray and cook on top rack of oven for 30-35 minutes or until juices are clear and no sign of pink inside.

\*Cook until golden and crispy, approx. 30 minutes total cooking time.

**Serving Suggestion:** Serve with some refreshing Natural Greek Yoghurt combined with Texas BBQ Rub thoroughly combined through.

**Note:** *Outback Spirit – Texas BBQ Rub can be used on any protein, Fish, Chicken, Pork, Beef, Lamb and suitable for most cooking styles Smoking, BBQ, Roasting, Grilling or Pan Frying. We suggest 50-60g of rub per 1kg*

**Why not try one of our other Outback Spirit Rubs (Aussie – Pulled Pork)**

Contact Paul on MB: 0428 863 782 or our check out our web site: [www.outbackspirit.com.au](http://www.outbackspirit.com.au) for your local Distributor.