Braised Chicken Wings and Vegetables

Ingredients for 4 portions

Per portion: 1417 kJ / 338 kcal

- 20 ml vegetable oil
- 500 g chicken wings
- 400 g potatoes
- 200 g carrots
- 150 g onions
- 50 g green beans
- 550 ml water
- 50 ml sake (or white wine)
- 50 g sugar
- 5 tbsp. Kikkoman naturally brewed soy sauce

Preparation

Preparation time: 45 mins

Halve the chicken wings at the joint. Peel the potatoes and cut them into 3 cm cubes. Peel the carrots and cut them into 2 cm cubes. Blanch the carrots for 2 to 3 minutes and drain well. Peel the onions, halve them and cut them into approx. 1 cm thick slices.

Heat up half of the stated quantity of oil in a pan and fry the chicken wings briefly. Then take them out of the frying pan and put them in a saucepan. Heat up the remaining oil in the pan and fry the potatoes, carrots and onions. Trim and blanch the beans. Then add the water, sake and sugar to the pan. Bring everything to the boil and simmer for 3 to 4 minutes at medium heat. Add the naturally brewed soy sauce and simmer with the lid on for another 15 to 20 minutes. Put the chicken wings and vegetables in a bowl and top with the blanched beans.

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