

Curry Wings with avocado-lime Yogurt Dip

16 Small Chicken Wings

SpiceBlend

- 2 tablespoons ground cumin
- 2 tablespoons ground coriander
- 2 teaspoons ground turmeric
- 1 teaspoon crushed red pepper flakes
- 1/2 teaspoon ground mustard seed
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1 1/2 Teaspoon Smoked Paprika
- 1 teaspoon Smoked Alderwood Salt

Avocado Yogurt Dip

- 1 Avocado
- 1 Cup Plain Greek Yogurt
- 3/4 tablespoon of Lime Juice
- 1/8 cup Chopped Cilantro



Preheat grill to 350-400 degrees (we used a Holland Grill). Mix spice blend. Prep wings by washing and patting dry. Toss wings in blend, just enough to thoroughly coat outsides (There will be spice blend left over to put in an airtight container and save for later).

Toss wings straight onto preheated grill and cook for about 25mins, turning a couple times throughout.

Make dip while wings are cooking. Smash avocado in a small mixing bowl until creamy. Mix in greek yogurt and lime until light green throughout. finally mix in chopped cilantro.

Take wings off grill and wrap in tin foil and set aside to rest for 5mins. Serve wings with dip and enjoy!