



# #MakeItGAP

## RECIPES

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### HONEY GARLIC CHICKEN WINGS

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**YIELD:** 4 Servings

**CHICKEN WINGS:**

2 lb. chicken wings (approximately 20 split wings)  
2 Tbsp. soy sauce  
2 Tbsp. olive oil  
2 tsp. salt  
2 tsp. ground black pepper  
2 tsp. white sesame seeds

**HONEY GARLIC SAUCE:**

2 Tbsp. soy sauce  
1 Tbsp. honey  
1 Tbsp. water  
1 Tbsp. garlic, *minced*  
2 tsp. cornstarch

**PREPARATION:**

Place the chicken wings into a sealable Ziploc® bag. Add soy sauce, olive oil, salt and pepper. Shake well. Then press the air out of the bag and seal. Press the marinade around the chicken to coat. Place in the refrigerator to marinate for at least 1 hour, up to overnight.

Cook the chicken by either cooking in the air fryer or baking in the oven.

**TO AIR FRY:** Place the chicken wings into the air fryer basket and cook at 350°F for 20-22 minutes. Open and shake the basket halfway through to make sure they are cooked evenly.

**TO BAKE IN THE OVEN:** Place chicken on a lined cooking tray and bake at 375°F for 35 minutes. Turn the wings halfway through baking.

Meanwhile, make the sauce by combining soy sauce, honey, water, garlic and cornstarch in a small pot. Heat over medium heat and cook for 5 minutes, stirring well to combine. The sauce will get thicker but will be smooth and uniform.

Once the wings are cooked, allow them to cool for 5 minutes and then transfer to a large bowl. Pour the honey garlic sauce over the wings and gently toss to combine and coat the wings with the sauce.

Serve the wings on a plate and sprinkle sesame seeds on top.

*Recipe adapted from aheadofthyme.com*