Sticky Honey Soy Chicken Wings

EASY • 1 HOUR 45 MINS

These easy wings are finger-licking good, thanks to a sweet and tangy glaze made with Capilano Pure Honey. Perfectly sticky, totally addictive.

SKILL LEVEL	PREP TIME	COOKING TIME
Easy	15 mins + 1 hour to marinate	30-45 mins

Ingredients

- 1kg chicken wings, halved with tips removed
- ¼ cup soy sauce
- ⅓ cup Capilano Pure Honey

Method

1. In a bowl, whisk together the marinade ingredients, reserving half the mixture in a separate bowl.
2. Add the chicken wings, coat thoroughly, cover, and refrigerate for 1 hour or overnight.

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- ¼ cup rice wine vinegar
- 2 tbsp BBQ sauce
- 2 garlic cloves, chopped
- 1 tbsp ginger, finely chopped
- Sesame seeds, to garnish
- Spring onion, to garnish

Method

3. Preheat the oven to 180°C fan-forced. Line a baking tray with greaseproof paper. Place the chicken pieces on top and cook for 20 minutes, until mostly cooked and slightly browned.

4. Remove from the oven and glaze with the remaining marinade. Return to the oven for a further 20 minutes, glazing halfway through, until the wings are sticky and beautifully glazed.

Used in this recipe

Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

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