

Honey Garlic Air Fryer Chicken Wings

Keeping up with two growing boy's appetites is a full time job; especially if you want to feed them healthy options and avoid handing them a bag of chips every hour. This Honey Garlic Chicken Wings recipe was originally made for oven baking, but an air fryer was a game changer. I love making a huge batch and storing extra in the fridge for school snacks or packing in school lunches. Of course, they are best straight out of the air fryer, but delicious served room temp as well!

Serves **2-4** / Prep Time **10 Min** / Cooking Time **25 min** / Difficulty **Easy**



Ingredients:

- **1/4 CUP** Gluten Free Tamari
- **1 TBL** Minced Garlic
- **3 TBL** Sake
- **1/4 CUP** Honey
- **1 TBL** Sesame Oil
- **1 TBL** Gojuchang
- **1/2 TSP** Rice Vinegar
- **15-18** wings about 2lbs
- **1/2 TSP** Sesame Seeds (for garnish)
- **1** Scallion Chopped (for garnish)

Directions:

1. Mix all ingredients except scallions and sesame seeds
2. Marinate chicken wings overnight or minimum of 8 hours
3. Cook wings in air fryer on 360 for 10 minutes
4. Flip wings and cook for another 8-10 minutes until golden brown and cooked through
5. Garnish with sesame seeds and scallions