

Spicy Orange Chicken Wings



Instructions:

Prep the wings:

Preheat oven to 425°F (220°C). Pat the chicken wings very dry with paper towels—this is key for crispiness. In a large bowl, toss wings with baking powder, garlic powder, paprika, salt, and pepper. Arrange on a wire rack over a lined baking sheet. Lightly spray or drizzle with oil.

Bake until crispy:

Bake for 40–45 minutes, flipping halfway, until golden brown and crisp. Keep an eye on them during the last 10 minutes to avoid over-browning.

Make the sauce:

In a saucepan over medium heat, combine orange juice, soy sauce, honey (or maple syrup), vinegar, ketchup, sriracha, ginger, garlic, and orange zest. Stir well and bring to a simmer.

Thicken the sauce:

Once bubbling, stir in the cornstarch slurry and cook for another 2–3 minutes, stirring constantly, until the sauce thickens into a glossy glaze.

Coat the wings:

Remove wings from the oven and let them rest for a few minutes. Toss them in the warm sauce until fully coated.

Garnish and serve: Plate the wings and sprinkle with sesame seeds, chopped green onions, and a little extra orange zest for a pop of freshness.

Ingredients:

For the wings:

- 2 lbs chicken wings (split and tips removed)
- 1 tablespoon baking powder (helps crisp the skin)
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- ½ teaspoon salt
- ½ teaspoon black pepper
- Olive oil spray or a light drizzle of oil

For the spicy orange sauce:

- ½ cup orange juice (preferably fresh)
- ¼ cup low-sodium soy sauce
- 3 tablespoons honey or maple syrup
- 2 tablespoons rice vinegar
- 2 tablespoons ketchup
- 1 tablespoon sriracha (adjust to your heat preference)
- 1 tablespoon cornstarch mixed with 2 tablespoons water (slurry)
- 1 teaspoon grated fresh ginger
- 1 garlic clove, minced
- 1 tablespoon orange zest

Toppings (optional):

- Chopped green onions
- Toasted sesame seeds
- Extra orange zest