

Sweet Soy Garlic Chicken Wings

Serves: 2–3 people (main) • 3–4 people (appetizer)

Prep Time: 10 minutes **Cook Time:** 22 minutes **Total Time:** 32 minutes

These sweet soy garlic chicken wings are sticky, savory, and lightly sweet with a glossy, restaurant-style finish — all made easily in the oven. They're baked until golden, tossed in a quick garlic-soy glaze, then broiled for that irresistible caramelized coating.

Perfect as a casual dinner, game-day snack, or party appetizer, these wings deliver big flavor without deep frying or complicated steps.

Why You'll Love These Wings

- No frying required – oven-baked and broiled for crisp edges
- Sticky-sweet glaze with garlicky depth
- Simple pantry ingredients
- Ready in just over 30 minutes
- Versatile – works as a main dish or appetizer

Ingredients

- 1 lb chicken wings
- 2 Tbsp soy sauce
- 1 Tbsp honey
- 2 cloves garlic, minced
- 1 tsp cornstarch
- 1 Tbsp water (for slurry)

Optional Garnishes: chopped green onions, sesame seeds

Ingredient Notes & Substitutions

Chicken wings: Flats and drumettes both work. Dry thoroughly for best crisping.

Soy sauce: Low-sodium soy sauce keeps the glaze balanced.

Honey: Adds shine and sweetness; brown sugar can substitute.

Cornstarch slurry: Creates the glossy, clingy glaze.

Instructions

1 Step 1: Prep the wings

Pat wings completely dry with paper towels.

2 Step 2: Bake the wings

Preheat oven to 400°F (200°C). Arrange wings on lined baking sheet or wire rack. Bake 20 minutes, flipping halfway.

3 Step 3: Make the sweet soy garlic glaze

Simmer soy sauce, honey, and garlic. Stir in cornstarch slurry and cook 2–3 minutes until thick and glossy.

4 **Step 4: Coat the wings**

Toss baked wings in warm glaze until evenly coated.

5 **Step 5: Broil for a sticky finish**

Broil wings on high for 2 minutes, watching carefully.

6 **Step 6: Serve**

Serve hot with green onions or sesame seeds.

Tips for Best Results

- Dry wings thoroughly for crisp texture
- Watch closely while broiling to prevent burning
- Bake on a wire rack for extra crispiness

Serving Suggestions

- Steamed rice or fried rice
- Garlic noodles
- Cucumber salad or slaw
- Roasted vegetables

Storage & Reheating

Refrigerator: Store up to 3 days in airtight container.

Reheat: Oven at 350°F or air fryer for best crispness.

Variations to Try

- Add chili flakes or chili oil for heat
- Mix in grated ginger for extra depth
- Swap honey for maple syrup
- Finish with a squeeze of lime for balance