

Choco Fever Dream

Pineapple Teriyaki Chicken Wings

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Japanese** Cuisine

Ingredients

Main Ingredients

- [ ] 2 lbs chicken wings, tips removed
- [ ] 1 cup pineapple juice (fresh or unsweetened canned)
- [ ] 1/4 cup low-sodium soy sauce
- [ ] 2 tbsp brown sugar
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp grated ginger
- [ ] 1 tsp cornstarch mixed with 1 tbsp water

Garnish

- [ ] 1 tbsp toasted sesame seeds
- [ ] 2 green onions, thinly sliced

Instructions

1. Preheat the oven to 400°F (200°C). Line a baking sheet with foil and place a wire rack on top.
2. Pat the wings dry, season lightly with salt, and arrange them on the rack. Bake for 20 minutes, turning once.
3. While wings bake, whisk pineapple juice, soy sauce, brown sugar, garlic, and ginger in a saucepan; bring to a simmer.
4. Stir in the cornstarch slurry; continue cooking until the glaze thickens, about 2-3 minutes.
5. Remove wings from oven, toss them in the glaze until fully coated, then spread back on the rack.
6. Broil for 2-3 minutes, watching closely, until the skin is crisp and the glaze caramelizes.
7. Transfer to a serving platter, drizzle any remaining glaze, and garnish with sesame seeds and green onions.
8. Serve hot, perhaps alongside a fresh side like chicken Caesar pasta or a simple salad.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra heat, add a pinch of red pepper flakes to the glaze.
- Allow the wings to rest for a couple of minutes after broiling for juices to redistribute.
- For a smoky note, consider a light splash of liquid smoke in the glaze.