

## Honey Garlic Jerk Chicken Wings - Sweet, Spicy & Irresistible

Honey Garlic Jerk Chicken Wings - Sweet, Spicy & Addictively Sticky



**OVEN**  
**400°F**

**TIME**  
**30 min**

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**SAVE**  
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### INGREDIENTS

For the Chicken Wings:

2 lbs chicken wings, split into drumettes and flats

2 tbsp olive oil

1 tsp salt

$\frac{1}{2}$  tsp black pepper

For the Jerk Marinade:

2 tbsp jerk seasoning (store-bought or homemade)

1 tbsp soy sauce

1 tbsp fresh lime juice

2 cloves garlic, minced

1 tbsp brown sugar

$\frac{1}{2}$  tsp ground allspice

... tsp cinnamon (optional for depth)

... tsp cayenne pepper (optional for extra heat)

For the Honey Garlic Sauce:

... cup honey

2 tbsp soy sauce

1 tbsp lime juice

1 tsp cornstarch mixed with 1 tbsp water (slurry)

### DIRECTIONS

1. **Prep the Chicken:** Preheat your oven to 400°F (200°C) or preheat grill to medium heat. Pat wings dry with paper towels. Toss them with olive oil, salt, and pepper in a large bowl.
2. **Make the Jerk Marinade:** In another bowl, mix:
3. Jerk seasoning
4. Soy sauce
5. Lime juice
6. Minced garlic
7. Brown sugar
8. Allspice
9. Cinnamon (optional)
10. Cayenne (optional)
11. **Add wings to the marinade and toss to coat thoroughly.** Marinate for at least 30 minutes, or overnight for deeper flavor.
12. **Oven Method:** Place wings on a lined baking sheet or wire rack. Bake for 40-45 minutes, flipping halfway through, until golden, crispy, and cooked through.
13. **Grill Method:** Grill wings over medium heat for 20-25 minutes, turning occasionally, until charred and juicy.
14. **Make the Honey Garlic Sauce:** In a small saucepan, combine:
15. Honey
16. Garlic
17. **Simmer over medium heat for 2-3 minutes.** Add cornstarch slurry and stir until slightly thickened. Remove from heat.

18. Toss & Coat: Once wings are cooked, toss them in the warm honey garlic sauce until evenly coated.
19. Serve: Transfer to a platter. Garnish with chopped parsley or green onions, and serve hot with lime wedges.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/honey-garlic-jerk-chicken-wings-sweet-spicy-irresistible/>