

Sweet & Sour Chicken Wings Marinade You'll Want to Put on Everything

Sweet & Sour Chicken Wings Marinade Recipe



OVEN
400°F

TIME
30 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

15 chicken wings
2 tablespoons olive oil
3 teaspoons honey
1.5 tablespoons lemon juice
(Optional) Salt and pepper to taste
(Optional) Garlic powder or chili flakes for extra zing

Ingredient Swaps & Notes:

Lemon Juice: You can swap this for lime juice or even orange juice for a different citrus profile.

Honey: Agave or maple syrup can be used for a different kind of sweetness.

Add-ons: Feel free to add soy sauce, sriracha, or grated garlic to customize the flavor.

Instructions:

Prep Your Wings Pat your chicken wings dry with paper towels-this helps the skin get crispy when cooking.

Make the Marinade In a bowl, whisk together olive oil, honey, and lemon juice. Add a pinch of salt and pepper if desired.

Marinate Place the wings in a large zip-top bag or bowl. Pour the marinade over them and toss to coat. Let them marinate for at least 30 minutes (up to 24 hours for max flavor).

Cook Your Wings You can either: Bake at 400°F (200°C) for 40-45 minutes, flipping halfway through.

Air fry at 400°F for 18-22 minutes, shaking the basket halfway.

Grill over medium heat, turning every few minutes until charred and cooked through.

Serve & Enjoy! Serve your wings hot with lemon wedges, a sprinkle of herbs, or extra dipping sauce on the side.

Tips for Success:

Dry your wings before marinating. Moisture on the skin can lead to steaming instead of crisping.

Don't skip the marinating time. Even 30 minutes makes a huge difference in flavor.

Add extra sauce to brush on after cooking if you like them sticky and shiny.

Serving Suggestions & Pairings:

These Sheet Pan Quesadillas

This Beer Cheese Dip

These Totchos

This Walking Taco Bar

And for drinks? Try This Blueberry Lemonade

Storage & Leftovers:

Fridge: Store leftover wings in an airtight container for up to 4 days.

Freezer: Freeze cooked wings in a zip-top bag for up to 2 months.

Reheat: Warm in the oven at 350°F for 10-12 minutes or pop into the air fryer for 5-6 minutes at 375°F.

More Recipes You'll Love:

Final Thoughts:

DIRECTIONS

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11. Serving Suggestions & Pairings: Pair these tangy wings with other party favorites like:
12. These : Sheet Pan Quesadillas
13. This : Beer Cheese Dip
14. These : Totchos

15. This : Walking Taco Bar
16. And for drinks? Try This Blueberry Lemonade
17. Storage & Leftovers: Fridge: Store leftover wings in an airtight container for up to 4 days.
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19. Reheat: Warm in the oven at 350°F for 10-12 minutes or pop into the air fryer for 5-6 minutes at 375°F.
20. More Recipes You'll Love: Looking for more crowd-pleasing dishes? Check out these next:
21. Final Thoughts: These Sweet & Sour Wings prove that a few simple ingredients can create unforgettable flavor. Whether you're hosting a gathering or just want to spice up your weeknight dinner, this recipe is a total winner. Try it out and let us know what you think in the comments!
22. ? Follow along for more recipes at [ChefManiac.com](https://chefmaniac.com) and never miss a flavor-packed bite!

SWAPS & NOTES

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

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