

Spicy Pineapple Cilantro Chicken Wings That Are Sweet, Zesty, and Addictively Sticky

Salt and freshly ground black pepper, to taste



OVEN
400°F

TIME
50 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 lbs chicken wings
2 tablespoons olive oil
Salt and freshly ground black pepper, to taste
For the Marinade and Sauce:
1 cup pineapple juice
1/2 cup fresh pineapple, crushed
3 tablespoons soy sauce
2 tablespoons honey
2 tablespoons lime juice
3 garlic cloves, minced
1 tablespoon fresh ginger, grated
1 to 2 teaspoons chili flakes, adjusted to taste
1 tablespoon hot sauce, optional
1/4 cup fresh cilantro, chopped

DIRECTIONS

1. In a bowl, combine the pineapple juice, crushed pineapple, soy sauce, honey, lime juice, garlic, ginger, chili flakes, hot sauce if using, and chopped cilantro.
2. Stir well to combine the marinade.
3. Place the chicken wings in a large bowl or zip-top bag.
4. Pour half of the marinade over the wings and toss to coat.
5. Cover and refrigerate for at least 1 hour, or up to 4 hours for deeper flavor.
6. Reserve the remaining marinade for later.
7. Preheat your oven to 400°F and line a baking sheet with parchment paper or foil.
8. Pat the wings slightly dry and place them on the prepared baking sheet.
9. Drizzle with olive oil and season with salt and pepper.
10. Bake for 30 to 35 minutes, flipping halfway through, until crispy and golden.
11. While the wings bake, pour the reserved marinade into a small saucepan.
12. Bring it to a boil, then reduce the heat and simmer for 8 to 10 minutes until slightly thickened.
13. Toss the baked wings in the warm sauce until fully coated.
14. Garnish with extra cilantro and serve hot.

SWAPS & NOTES

Fresh pineapple gives the sauce extra texture and fruitiness, but the recipe also leans heavily on pineapple juice for that tropical base.

The heat level is easy to control by adjusting the chili flakes and whether or not you include the hot sauce.

The matched recipe notes that you can increase or decrease both depending on your preference.

These wings are baked at 400°F, but the same source also notes they work well grilled, which is a great option if you want even more smoky flavor.

TIPS FOR SUCCESS

Patting the wings dry before baking helps them crisp better in the oven, especially since they have already been marinating.

The matched recipe also suggests broiling them for 2 to 3 minutes at the end if you want extra crispiness.

Simmering the reserved marinade is an important step because it thickens the sauce and concentrates the flavor before it goes back on the wings.

That is what gives them the sticky finish instead of a thin glaze.

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

Original recipe: <https://chefmaniac.com/spicy-pineapple-cilantro-chicken-wings-that-are-sweet-zesty-and-addictively-sticky/>