

AIR FRYER GOCHUJANG CHICKEN WINGS

PREP TIME: 10 MINUTES
COOK TIME: 30 MINUTES
TOTAL TIME: 40 MINUTES

(HALF RECIPE)

SERVINGS: 2 SERVINGS

Calories: 178kcal | Carbohydrates: 3g | Protein: 12g | Fat: 13g | Sugar: 1g

INGREDIENTS

FOR THE WINGS:

- 1 pound chicken wings
- 1/2 teaspoon Kosher Salt
- 1/2 teaspoon Ground Black Pepper or gochujaru

FOR THE SAUCE:

- 1 tablespoon gochujang
- 1 1/2 teaspoons mayonnaise
- 1/2 teaspoon agave nectar (or honey)
- 1 1/2 teaspoons Sesame Oil
- 1 1/2 teaspoons Minced Ginger
- 1 1/2 teaspoons Minced Garlic
- 1/2 teaspoon sugar

FOR FINISHING:

- 1/2 teaspoon Sesame Seeds optional
- 1/8 cup Chopped Green Scallions optional

INSTRUCTIONS

1. Preheat your oven or air fryer to 400°F
2. Salt and Pepper the chicken wings and place in the air fryer basket.
3. Set the timer to 20 minutes and allow the chicken wings to cook, turning once at 10 minutes.
4. As the chicken bakes or air fries, mix together all the sauce ingredients and let the sauce marinate while the chicken wings finish cooking.
5. As you near the 20-minute mark use a thermometer to check the meat. When the chicken wings reach 160F remove them from the oven and place into a bowl.
6. Pour about half the sauce on the wings and toss to coat the wings with the sauce.
7. Place the chicken wings back into the oven or air fryer and cook for another 5 minutes until the sauce has glazed over, and the chicken is completely cooked and has reached at least 165F.
8. Remove, sprinkle with sesame seeds and chopped green onions and serve with plenty of napkins.

AIR FRYER GOCHUJANG CHICKEN WINGS

Tips and notes

- **Frozen Wings.** You can cook frozen chicken wings in the air fryer. I do find, however, that not only does it take a little longer, but the skin tends to not crisp up as much.
 - It's not a huge difference, and I've certainly done it. But if you have time, defrost the wings first and pat them dry with a paper towel to reduce the steaming from the moisture left on the wings.
-
- **Sauce after cooking.** You really want to cook the wings without sauce first before adding the sauce in. Otherwise, you get soggy chicken skin which is NOT attractive!
- **Oven Cooking.** If you're using an oven, once you've added the sauce, broil the wings to get that crisping.
- **But it's not keto!** Please do not write to me about how gochujang is not keto. Different people follow different rules for keto.
 - There is less than 1 teaspoon of gochujang per serving in the wings. If that doesn't work for your WOE, please select a different recipe from the blog.

<https://twosleever.com/keto-airfyer-chicken-wings-gochujang/>

AIR FRYER GOCHUJANG CHICKEN WINGS

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

SERVINGS: 4 SERVINGS

Calories: 356kcal | Carbohydrates: 6g | Protein: 23g | Fat: 26g | Sugar: 2g

INGREDIENTS

FOR THE WINGS:

- 2 pounds chicken wings
- 1 teaspoon Kosher Salt
- 1 teaspoon Ground Black Pepper or gochujaru

FOR THE SAUCE:

- 2 tablespoons gochujang
- 1 tablespoon mayonnaise
- 1 teaspoon agave nectar (or honey)
- 1 tablespoon Sesame Oil
- 1 tablespoon Minced Ginger
- 1 tablespoon Minced Garlic
- 1 teaspoon sugar

FOR FINISHING:

- 1 teaspoon Sesame Seeds optional
- 1/4 cup Chopped Green Scallions optional

INSTRUCTIONS

1. Preheat your oven or air fryer to 400°F
2. Salt and Pepper the chicken wings and place in the air fryer basket.
3. Set the timer to 20 minutes and allow the chicken wings to cook, turning once at 10 minutes.
4. As the chicken bakes or air fries, mix together all the sauce ingredients and let the sauce marinate while the chicken wings finish cooking.
5. As you near the 20-minute mark use a thermometer to check the meat. When the chicken wings reach 160F remove them from the oven and place into a bowl.
6. Pour about half the sauce on the wings and toss to coat the wings with the sauce.
7. Place the chicken wings back into the oven or air fryer and cook for another 5 minutes until the sauce has glazed over, and the chicken is completely cooked and has reached at least 165F.
8. Remove, sprinkle with sesame seeds and chopped green onions and serve with plenty of napkins.

AIR FRYER GOCHUJANG CHICKEN WINGS

Tips and notes

- **Frozen Wings.** You can cook frozen chicken wings in the air fryer. I do find, however, that not only does it take a little longer, but the skin tends to not crisp up as much.
 - It's not a huge difference, and I've certainly done it. But if you have time, defrost the wings first and pat them dry with a paper towel to reduce the steaming from the moisture left on the wings.
-
- **Sauce after cooking.** You really want to cook the wings without sauce first before adding the sauce in. Otherwise, you get soggy chicken skin which is NOT attractive!
- **Oven Cooking.** If you're using an oven, once you've added the sauce, broil the wings to get that crisping.
- **But it's not keto!** Please do not write to me about how gochujang is not keto. Different people follow different rules for keto.
 - There is less than 1 teaspoon of gochujang per serving in the wings. If that doesn't work for your WOE, please select a different recipe from the blog.