
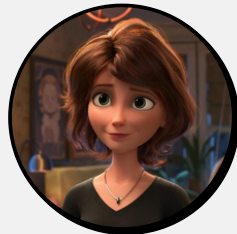




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Chicken Wings



inspired by Aunt Cass' Recipe

These mouth-watering chicken wings are inspired by the culinary skills of the owner of the Lucky Cat Café in the new Disney+ original series, Baymax! Juicy and crispy wings paired with a savory and complex sauce, this tasty dish might "melt-your-face-off" with flavor. You can adjust the cayenne pepper and chili powder.

<p>45 MINUTES</p>	<p>6 servings</p>
<p>17 INGREDIENTS</p>	<p> SPICE LEVEL</p>



INGREDIENTS

- 1.5 lbs chicken wings
- To make the seasoning:
- 1/4 tsp garlic salt
 - 1 tsp paprika
 - 1 tsp sugar
 - 1/4 tsp black pepper
 - 1/4 tsp turmeric
 - 1/4 tsp ground cinnamon
 - 1/8 tsp cayenne pepper
 - 2 tbsp canola oil
- To make the spicy sauce:
- 1/2 tbsp chili powder
 - 1/4 tsp ground ginger
 - 1/2 tsp ground coriander
 - 1 tbsp lime juice
 - 1/4 tsp soy sauce
 - 1/4 c honey
 - 1/2 c water
 - 2 tbsp cornstarch

DIRECTIONS

1. Preheat oven to 500°F. Line a baking sheet with foil.
2. Combine all seasoning ingredients for the wings in a large glass bowl and stir to mix. Add the chicken wings to the seasoning mix and toss several times to coat well.
3. Spread the seasoned wings on the baking sheet and roast until browned, about 35 minutes.
4. While chicken is roasting, mix all spicy sauce ingredients together in a large bowl.
5. Once the wings are finished, add the wings to the spicy sauce and toss again to coat well. Serve hot and enjoy!

RECIPE NUTRITIONAL VALUE PER SERVING

- 1 serving ≈ 4 wings
- Energy: 249.36kcal
- Fat: 14.40g
- Carbohydrate: 16.54g (of which Sugar: 13.66g)
- Protein: 20.63g
- Sodium: 310.08mg



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