

Blackened Chicken Wings

If you like chicken wings, you likely have a favorite wing joint, and they make the crispiest/spiciest/most flavorful wings in town, right? Of course, wings are one of those things that best eaten immediately after you make them, which means takeout is not always optimal. So what happens when you want wings at home, either for a party, or just for a weeknight dinner? Well, you make them, of course.

I know what you're thinking, because I've had the same thoughts before about things like this. The best wings are deep fried, but who wants to take that on at home? Soggy takeout wings are looking better and better.

Well, I have good news. You can make flavorful, crispy wings at home in the oven. Yes, it's true. And, it's easy.

You'll start with your favorite hot sauce and a bit of Ava Jane's Kitchen Blackened Fish seasoning. Bake the wings until they're crispy and cooked through, and you'll make a rub out of more Blackened Fish seasoning, a little bit of brown sugar, and some Ava Jane's Kitchen Avocado Oil and a bit of tomato paste. Mix this up, brush it on, and broil. You end up with crispy, sweet and spicy, flavorful chicken wings that will satisfy even the chicken wing purists at your next party.

Blackened Chicken Wings

Makes 2 pounds wings

Prep time: 45 minutes

Ingredients:

3 tablespoons hot sauce

3 tablespoons Ava Jane's Kitchen Blackened Fish seasoning blend, divided

2 pounds chicken wings

2 tablespoons Ava Jane's Kitchen Avocado Oil

2 tablespoons brown sugar

1 tablespoon tomato paste

Directions:

Preheat oven to 425 degrees F. Line a large baking sheet with foil.

Mix the hot sauce and half of the Blackened Fish seasoning, and toss with the wings until they are coated.

Spread the wings on the prepared pan in a single layer.

Bake for 30 minutes, until wings have reached an internal temperature of 165 degrees F, flipping once about halfway through.

While wings are baking, mix the remaining Blackened Fish seasoning with the Ava Jane's Kitchen Avocado Oil, brown sugar, and tomato paste.

Remove wings from oven and turn the broiler to high heat. Brush the wings with the brown sugar mixture and broil for 3-4 minutes, until wings are crispy and lightly blackened. Serve immediately.