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### **Grilled Asian Chicken Wings Recipe**

Prep Time: 30 min. Cook Time: 1 hour 10 min.

Serving size: 5 wings

Recipe makes 2 servings

#### **Ingredients**

10 chicken wings

3 oz. honey barbecue sauce

2 tbsp sesame seeds

1 oz. chopped scallions

1 lime

#### **Directions**

1. Steam or boil chicken wings until fully cooked, approximately 1 hour. This will render out most of the fat from the wings for better glazing.
2. Coat chicken wings in honey barbecue sauce (see recipe below), then grill on medium-high heat for up to 4 minutes on each side. Make sure the grill is not too hot, or the sugars in the sauce will burn.
3. Place the grilled wings on a plate and sprinkle with sesame seeds, chopped scallions, and lime zest. Squeeze lime juice on wings immediately before serving.

**Directions**

1. Heat sesame oil in a small nonstick pan and add ginger, garlic, mustard seeds, and rice wine vinegar. Toast mixture in the pan for 1-2 minutes, being careful not to let it burn.
2. Let cool, then pour mixture into a blender and blend until smooth.
3. In a medium bowl, add barbecue sauce, Sriracha, honey, and sesame oil mixture. Mix well.