

Oven-Baked Harissa Chicken Wings

Serves 2

Ingredients

- **600 g chicken wings** (split at joints, tips removed if desired)
- **1½ T / 21 g olive oil**
- **2 tsp harissa seasoning**
- **1 tsp / 6 g honey** (or sugar)
- **1 tsp / 6 g lemon juice** or rice vinegar
- **½ tsp garlic powder** (optional, but recommended)
- **½ tsp smoked paprika** (optional depth)
- **½ tsp salt + MSG blend**
- Black pepper, to taste



Make the Harissa Coating

In a small bowl, mix:

- 1½ T / 21 g olive oil
- 2 tsp harissa seasoning
- 1 tsp / 6 g honey
- 1 tsp / 6 g lemon juice or vinegar

You're aiming for a **loose paste** — thick enough to coat, not watery. If it feels dry, add ½ tsp oil.

Instructions

1. **Preheat oven to 200 °C** (fan on if available).
Line a baking tray with foil and place a rack on top (best), or oil the foil lightly.
2. **Dry the wings thoroughly** with paper towels — this matters for browning.
3. Toss wings with:
 - Harissa paste
 - Garlic powder, smoked paprika (if using)
 - Salt + MSG blend
 - Black pepper
4. Arrange wings in a single layer, skin side up.
5. **Bake 25 minutes**, then flip.
6. Return to oven and bake **20–25 minutes more**, until deeply browned and crisp at the edges.
7. Optional finish (recommended):
 - Switch oven to **220 °C for 5 minutes**, or
 - Use a **kitchen torch** briefly for extra blistering (your no-broiler workaround 😊).
8. Rest 3–5 minutes before serving.

Nutrition (approx.)

Per serving (½ recipe):

Kcal: ~520 | Protein: 38 g | Fat: 36 g | Sat. Fat: 8 g

Carbs: 10 g | Sugars: 6 g | Fiber: 1 g | Sodium: ~820 mg | Omega-3: 0.25 g