

## Teba Shio (Chicken Wings)

### Air Fryer

Lower Sodium Version

Serves 2

### Ingredients

- 600 g chicken wings (mid + drumette sections)
- 2 T / 30 g sake
- $\frac{3}{4}$  tsp / 3.5 g fine salt
- $\frac{1}{4}$  tsp / 0.8 g MSG
- 1 tsp Shichimi togarashi
- $\frac{1}{4}$  tsp freshly ground white pepper
- 1 tsp / 5 g canola oil
- Oil spray (light mist)
- Lemon wedges (for serving)



### Instructions

1. Place **wings** in bowl and add **sake**.
2. Toss thoroughly and **marinate 15–20 minutes**.
3. Remove and pat very dry with paper towels.
4. **Refrigerate uncovered 20–30 minutes** to dry skin (recommended).
5. Combine **salt** and **MSG**.
6. Sprinkle evenly over wings.
7. Add **Shichimi** and **white pepper**.
8. Toss lightly and rub with **1 tsp canola oil**.
9. Preheat air fryer to **190°C** for **4 minutes**.
10. Arrange wings in single layer.
11. Cook **12 minutes** at 190°C.
12. Flip wings.
13. **Cook 6–8 minutes more** until internal temperature reaches 75°C.
14. **Optional: Increase to 200°C for final 2 minutes for extra crisp skin.**
15. Serve with **lemon wedges** and optional light **Shichimi** dusting.

### Air Fryer Liner Guidance

Do NOT use a liner for this recipe.

Wings render fat during cooking.

A liner traps moisture and reduces crisping.

If smoke occurs, add 2–3 T water to the bottom drawer under the basket.

### Nutrition (Per Serving)

Kcal: 510 | Protein: 38 g | Fat: 39 g | Sat Fat: 10 g | Carbs: 1 g | Sugars: 0 g |  
Fiber: 0 g | Sodium: ~650 mg | Omega-3: 0.4 g

### Nutrition (Total Dish)

Kcal: 1,020 | Protein: 76 g | Fat: 78 g | Sat Fat: 20 g | Carbs: 2 g | Sugars: 0 g |  
Fiber: 0 g | Sodium: ~1,300 mg | Omega-3: 0.8 g