

# Papaya Wings by Ari Botsford Cohen

## Ingredients:

- 1 cup papaya, pureed
- 2 tbsp papaya seeds
- 1/4 cup soy sauce or coconut aminos
- 1 tbsp fresh ginger
- Juice and zest of 1 lime
- 2 TBsp honey
- 1 TBsp chopped cilantro (garnish)
- 1lb chicken wings

## Instructions:

1. Stir all ingredients (except the wings) together until well combined
2. Add wings and marinate for no more than 2 hours.
3. Drain, pat dry.
4. Toss the wings with 2 TBsp oil of choice. I like sesame oil but any are fine. Coconut oil!
5. Roast at 400 for 10 minutes on each side.