

Dry Rub Chicken Wings

Prep: 5 minutes • Cook: 20 minutes

Savory, smoky, and lightly spicy grilled chicken wings with crackling skin, coated in a bold seven-spice dry rub. Quick to make and irresistibly juicy with a clean, crisp finish.

Ingredients

- 4 pounds chicken wings (flats and drumettes)
- 1 Tablespoon avocado oil
- 2 teaspoons fine sea salt
- 1 teaspoon smoked paprika
- 1 teaspoon black pepper (freshly cracked)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon ground mustard powder
- 1/4 teaspoon cayenne pepper (optional)

Instructions

1. Preheat your grill (charcoal or gas) to 425°F.
2. Make the dry rub: In a small bowl, combine sea salt, smoked paprika, black pepper, garlic powder, onion powder, ground mustard powder, and cayenne; mix to remove any clumps.
3. Pat the chicken wings dry with paper towels. Drizzle or spray with avocado oil and season on all sides with the dry rub.
4. Grill the wings directly over the grates with the lid closed for 15–20 minutes, flipping every 3–5 minutes, until the internal temperature reaches 175°F.
5. Transfer to a platter, rest a few minutes, and serve with your favorite dipping sauces.

Tags: Chicken, Wings, Grilling, BBQ, Dry Rub, Smoky
