



WCOOK

Hot Honey Chicken Wings

with smoked paprika potato rounds & spicy chilli oil

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	675kJ	5569kJ
Energy	161kcal	1332kcal
Protein	9.7g	79.9g
Carbs	15g	125g
of which sugars	6.2g	50.8g
Fibre	1.6g	12.8g
Fat	7g	58g
of which saturated	2.2g	17.8g
Sodium	87mg	718mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat,
Sulphites, Tree Nuts

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato
15ml	30ml	Smoked Paprika
10g	20g	Almonds
100g	200g	Cucumber <i>rinse & roughly dice</i>
40ml	80ml	White Wine Vinegar
8	16	Free-range Chicken Wings
80ml	160ml	Flour Mix <i>(40ml [80ml] Cornflour & 40ml [80ml] Cake Flour)</i>
5ml	10ml	NOMU One For All Rub
50ml	100ml	Sweet Vinegar <i>(40ml [80ml] Honey & 10ml [20ml] Apple Cider Vinegar)</i>
1 sachet	2 sachets	Banhoek Chilli Oil
20g	40g	Green Leaves <i>rinse</i>
40g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Egg/s
Paper Towel
Seasoning (salt & pepper)

1. ROAST Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, 5ml [10ml] of the smoked paprika, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOASTY Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Place the cucumber into a bowl with the white wine vinegar, and seasoning. Cover with cold water until submerged and set aside.

3. FIRST THE EGG, THEN THE FLOUR Pat the chicken wings dry with paper towel. Prepare a shallow dish with 1 egg and a splash of water. Mix until combined. Prepare a second shallow dish with the flour mix and the NOMU rub (seasoned lightly). Coat the chicken wings in the egg first, and then the flour mix.

4. SPREAD YOUR WINGS & FRY Return the pan to medium-high heat with enough oil to cover the base. When hot, add the coated chicken wings and fry until crispy and cooked through, 6-8 minutes (flipping halfway). Drain on paper towel and place in a bowl.

5. SWEET-HOT OIL Return the pan (wiped down) to medium-high heat. Add the sweet vinegar, the remaining smoked paprika, and the chilli oil (to taste). Simmer until thickening, 1-2 minutes. Loosen with 1 [2] tbsp of water. Remove from the heat and add to the bowl of chicken wings. Toss to coat and set aside.

6. FRESHNESS Drain the cucumber from the pickling liquid and place into a salad bowl. Toss with the green leaves, ½ the nuts, the feta, a drizzle of olive oil and seasoning. Set aside.

7. TIME TO EAT!! Serve up the golden smoked paprika potatoes and side with the crisp, sticky hot honey wings. Pile the fresh salad alongside and garnish with the remaining nuts.