



# UCCOOK

## Baked Chicken Wings & Fries

with sunflower seeds & chive crème fraîche

A super simple, yet totally delicious dinner. Homemade fries and Cajun-spiced chicken wings are oven roasted until perfectly golden and crispy. Served with a fresh sunflower seed salad and elevated with a chive crème fraîche drizzle.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Jason Johnson

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 Quick & Easy

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## Ingredients & Prep

200g	Potato <i>rinsed &amp; sliced into 1cm thick fries</i>
8	Free-range Chicken Wings
10ml	NOMU Cajun Rub
20g	Green Leaves
3g	Fresh Chives
50g	Cucumber
10g	Sunflower Seeds
1	Lemon <i>cut into wedges</i>
40ml	Crème Fraîche

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. EASY ROAST** Preheat the oven to 220°C. Place the fries on one side of a large roasting tray, coat in oil and season. Pat the chicken wings dry with paper towel. Place on the other side of the tray, coat in oil, the NOMU rub, and season. Pop in the hot oven and roast until cooked through and starting to crisp, 25-30 minutes (shifting halfway).

**2. PREP STEP** Rinse the green leaves and the chives. Roughly shred the green leaves and finely slice the chives. Rinse and cut the cucumber into half-moons. Set everything aside.

**3. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. FRESH SALAD** Place the shredded leaves into a bowl and toss with a squeeze of lemon juice (to taste), a drizzle of olive oil, the cucumber half-moons, the toasted seeds and seasoning. Set aside.

**5. CHIVE & CRÈME** Place the crème fraîche into a bowl and mix through  $\frac{3}{4}$  of the sliced chives. Add a splash of water and season.

**6. ALL DONE!** Plate up the fries and the golden chicken wings. Pile the dressed salad on the side and drizzle over the chive crème fraîche. Garnish with the remaining chives. Serve any remaining lemon wedges on the side. Go on, Chef!



## Chef's Tip

Air fryer method: Coat the potato fries in oil, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	524kJ
Energy	125kcal
Protein	3.5g
Carbs	13g
of which sugars	1.9g
Fibre	3.2g
Fat	6.7g
of which saturated	3.2g
Sodium	163mg

## Allergens

Dairy, Allium

Cook  
within 3  
Days