



# UCOOK

## Paprika-chilli Wings & Smashed Potatoes

with pickled onions & Colleen's Smoked Paprika Chilli Sauce

If you had to eat one dish for the rest of your life, this would probably be it, Chef! A crispy NOMU One For All Rub-spiced coating covers juicy chicken wings, which are dunked in a sweet & smoked paprika chilli sauce. Sided with crispy-skin smashed potatoes, maply syrup-pickled onions, and dollops of dijon mustard yoghurt.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People

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**Chef:** Megan Bure

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Adventurous Foodie

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Doos Wine | Doos Dry Red 3L

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## Ingredients & Prep

500g	Baby Potatoes <i>rinse</i>
16	Free-range Chicken Wings
160ml	Flour Mix <i>(80ml Cornflour &amp; 80ml Cake Flour)</i>
10ml	NOMU One For All Rub
100ml	Chicken Sauce <i>(60ml Colleen's Handmade Smoked Paprika Chilli Sauce, 20ml Worcestershire Sauce &amp; 20ml Honey)</i>
1	Onion <i>peel &amp; finely slice</i>
60ml	White Wine Vinegar
10ml	Maple-flavoured Syrup
5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
100ml	Greek Yoghurt
10ml	Dijon Mustard

## From Your Kitchen

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

**1. PARBOILED POTATOES** Preheat the oven to 220°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

**2. 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 & the NOMU rub (seasoned lightly). Coat the chicken wings in the egg first, and then the flour mix.

**3. 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. When all the chicken is done, place in a bowl with the chicken sauce and toss until coated.

**4. PICKLED ONIONS** Place the sliced onions into a bowl with the vinegar, the maple syrup, a splash of cold water, ½ the chopped parsley, a drizzle of olive oil, and seasoning. Set aside.

**5. CREAMY MUSTARD** In a bowl, combine the yoghurt, mustard, a drizzle of olive oil and seasoning. Set aside.

**6. SMASHIN' IT!** Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle with oil and season. Roast in the hot oven until crispy, 15-20 minutes.

**7. GRAB SOME SERVIETTES** Plate up the spicy wings and side with the smashed potatoes. Dollop over the mustard yoghurt and scatter over the pickled onions. Garnish with the remaining chopped parsley.

## Nutritional Information

Per 100g

Energy	543kJ
Energy	130kcal
Protein	8.5g
Carbs	12g
of which sugars	3.6g
Fibre	0.9g
Fat	4.4g
of which saturated	1.3g
Sodium	89mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Sugar Alcohol (Xylitol), Cow's Milk

Eat  
Within  
3 Days