UCOOK

One Tray Wings & Corn On The Cob

with sour cream & crispy onions

Enjoy this quick, easy, and delicious dinner in just three steps! A true one tray wonder: tender roasted wings and the sweetest corn on the cob. Served alongside a bright fresh salad and dollops of sour cream for some tang!

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Kate Gomba

🤌 Quick & Easy

🍾 Niel Joubert | Sauvignon Blanc

Ingredients & Prep

8	Free-range Chicken Wings
2	Corn On The Cob *cut into thirds*
20ml	NOMU Mexican Spice Blend
40g	Green Leaves
40g	Radish
8g	Fresh Chives
100g	Cucumber
85ml	Sour Cream
20ml	Crispy Onions

From Your Kitchen

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

1. DON'T BE TRAY ME Preheat the oven to 200℃. Pat the chicken wings dry with some paper towel. Place on a roasting tray along with the corn pieces. Coat in oil, the rub (to taste), and seasoning. Pop in the hot oven and roast for 20-25 minutes until the wings are cooked through and the corn is starting to brown, shifting halfway.

2. SALAD CITY Rinse the green leaves, the radish, and the chives. Roughly chop the chives, cut the cucumber into half-moons, and gently shred the green leaves. Cut the radish into quarters or thinly slice. In a bowl, combine the sour cream, seasoning, a splash of water, and ½ the chopped chives. Set aside. Just before serving, combine the shredded green leaves, the cucumber half-moons, and the radish quarters or slices, a drizzle of oil, and seasoning.

3. DINNER IS SERVED! Plate up the roasted wings and corn, dollop over the sour cream, and sprinkle over the crispy onions and the remaining chives. Serve the fresh salad alongside. Easy peasy, Chef!

Nutritional Information

Per 100g

Energy	619kJ
Energy	148Kcal
Protein	10.8g
Carbs	5g
of which sugars	1.9g
Fibre	0.7g
Fat	9.4g
of which saturated	3g
Sodium	156mg

Allergens

Gluten, Dairy, Allium, Wheat

Cook within 3 Days