



UCOOK

Peri-peri Chicken Wings

with a creamy salad & turmeric savoury rice

Looking for a delicious meal that's sure to spice up your dinner routine? Saucy peri-peri chicken wings are served with aromatic turmeric basmati rice. Sided with a creamy charred corn salad, and garnished with a scattering of toasted almonds. Simply delish!


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Groote Post Winery | Groote Post Riesling 2022

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Ingredients & Prep

8	Free-range Chicken Wings
50ml	Peri-Peri Sauce
5g	Almonds
1	Onion
7,5ml	Golden Rub <i>(2,5ml Ground Turmeric & 5ml NOMU Indian Rub)</i>
75ml	White Basmati Rice
40g	Corn
20ml	That Mayo (Original)
20g	Salad Leaves

From Your Kitchen

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

1. HOT WINGS Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil and seasoning. Pop in the hot oven and roast until cooked through and starting to crisp, 20-25 minutes (shifting halfway). Toss with the peri-peri sauce until coated. Season and set aside.

2. SO NUTTY Roughly chop the almonds. Place the chopped almonds in a pot (with a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

3. GOLDEN RICE Peel and dice the onion. Rinse the rice. Return the pot to medium-high heat with a drizzle of oil. When hot, fry the diced onion until golden, 3-4 minutes (shifting occasionally). In the final minute, add the golden rub. Add the rinsed rice and 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and steam with the lid on, 8-10 minutes. Fluff with a fork, cover, and set aside.

4. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, place in a bowl, and set aside.

5. MOREISH MAYO In a small bowl, loosen the mayo with water in 5ml increments until drizzling consistency. Season and set aside.

6. CREAMY SLAW Rinse and roughly shred the salad leaves. Add the shredded leaves to the bowl of charred corn. Toss through ½ the loosened mayo, a splash of water, a drizzle of olive oil, and seasoning. Set aside.

7. DINNER = SERVED Plate up the saucy peri-peri wings and the savoury yellow rice. Finish with a side of creamy salad. Scatter over the toasted nuts. Drizzle over the remaining mayo. Lekker, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Lightly coat in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway). Season and toss with the peri-peri sauce.

Nutritional Information

Per 100g

Energy	773kJ
Energy	185kcal
Protein	10.6g
Carbs	14g
of which sugars	1.2g
Fibre	1.4g
Fat	8.1g
of which saturated	2.1g
Sodium	109mg

Allergens

Egg, Allium, Sulphites, Sugar Alcohol (Xylitol), Tree Nuts

Cook
within 3
Days