



# UCOOK

## Spicy Chicken Wings

with roasted carrot & corn

A Mexican food fiesta! One tray holds a plethora of tasty bits and pieces; chicken wings, carrots, and corn are all coated in a NOMU Mexican Spice Blend and perfectly roasted until golden and crisp. It is served alongside lemony avocado salsa for some zing and freshness. So easy, so tasty!

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**Hands-on Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Carb Conscious

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Groote Post Winery | Groote Post Chenin Blanc 2022

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## Ingredients & Prep

8	Free-range Chicken Wings
120g	Carrot <i>rinse, trim &amp; cut into wedges</i>
10ml	NOMU Mexican Spice Blend
50g	Corn
1	Avocado
1	Tomato <i>roughly dice ½</i>
1	Onion <i>peel &amp; finely dice ¼</i>
3g	Fresh Coriander <i>rinse &amp; roughly chop</i>
15ml	Lemon Juice

## From Your Kitchen

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

**1. SPICY ROAST** Preheat the oven to 200°C. Pat the chicken wings dry with paper towel. Spread out on a roasting tray along with the carrot wedges. Coat in oil, ¾ of the NOMU spice blend, and seasoning. Roast in the hot oven until golden, 30-35 minutes.

**2. PREP & SALSA** Coat the corn with the remaining NOMU spice blend, a drizzle of oil, and seasoning. Set aside. Halve the avocado and set aside the half with the pip for another meal. Scoop out the avocado flesh from the remaining half and roughly dice. Place in a bowl along with the diced tomato, the diced onion (to taste), ½ the chopped coriander, seasoning, and the lemon juice (to taste). Mix until fully combined.

**3. GOLDEN CORN** When the roast has been in for 5-10 minutes, give the tray a shift. Scatter the corn over the tray and roast for the remaining time. The veggies should be crisp and the chicken should be cooked through and golden.

**4. FOOD FIESTA!** Load a plate with the roasted carrot wedges, the chicken wings, and the corn. Serve alongside the avocado salsa and garnish with the remaining coriander. Wow, Chef!



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Lightly coat with the oil, ¾ of the NOMU rub, and season. Air fry at 200°C until cooked through and crispy, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	471kJ
Energy	113kcal
Protein	7.6g
Carbs	6g
of which sugars	2.4g
Fibre	2.1g
Fat	6.5g
of which saturated	1.4g
Sodium	65mg

## Allergens

Allium

Eat  
Within  
3 Days