



UCOOK

American Buffalo Chicken Wings

with blue cheese and ranch dressing & a waldorf-style salad


Oh, the all American-inspired spicy Buffalo wing, the classic creamy blue cheese and ranch dip, the fresh, crisp, crunchy Waldorf-esque salad, ah, the roasted sweet potatoes! Yes, the ease and speed of it all! There really isn't anything quite like a chicken wing...

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Ella Nasser

 Adventurous Foodie

 Waterford Estate | Range Grenache Noir 2019

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Ingredients & Prep

4	Free-range Chicken Wings
200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
10g	Walnuts
87,5ml	Ranch Dressing <i>(65ml Buttermilk, 20ml Plain Yoghurt & 2,5ml Dijon Mustard)</i>
40g	Blue Cheese <i>crumbled</i>
1	Celery Stalk <i>finely sliced</i>
1 head	Baby Gem Lettuce
1	Apple <i>rinsed</i>
30ml	Sriracha Sauce

From Your Kitchen

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

1. READY... Preheat the oven to 200°C. Pat the chicken wings dry with paper towel and place on a roasting tray. Coat in oil and season. Spread out the beetroot chunks on another roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. SET... Place the walnuts in a non-stick pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. WINNER In a small bowl, place the ranch dressing, ½ of the crumbled blue cheese and some seasoning to taste, mix until well combined and set aside. In a salad bowl, combine the sliced celery, toasted chopped walnuts and the remaining crumbled blue cheese, toss and set aside.

4. WINNER Halve the lettuce head lengthways, keeping the stem intact. Gently rinse and pat dry. When the chicken reaches halfway, return the non-stick pan over a medium-high heat with a drizzle of oil. When hot, char the lettuce halves cut-side down for 2-3 minutes. Remove from the pan on completion and season. Slice ½ of the rinsed apple into thin matchsticks and add to the bowl of salad, setting the rest aside for another meal. Toss to combine and set aside for serving.

5. CHICKEN When the chicken & beetroot have 5 minutes remaining, turn the oven on to the grill setting or the highest temperature. Toss the sriracha through the wings until completely coated, pop them back into the oven for the remaining time but keep a close watch so nothing burns!

6. DINNER! Plate up the spicy buffalo wings alongside the crispy beetroot chunks, the Waldorf-style salad, and the charred lettuce halves. Drizzle over some blue cheese ranch dressing and serve the remaining dressing on the side for dipping. Easy as pie!



Chef's Tip

If you have an air fryer, why not use it to cook the chicken wings? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 15-20 minutes until cooked through and crispy.

Nutritional Information

Per 100g

Energy	483kj
Energy	115kcal
Protein	8.1g
Carbs	4g
of which sugars	2.2g
Fibre	1.2g
Fat	6.9g
of which saturated	2.3g
Sodium	189mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days