

# UCCOOK

## Curry-spiced Chicken Wings

**with creamy, buttery mash potato**

Is your palate prepped and ready for chicken wings with a kick? After being oven-roasted until perfection, these crispy chicken wings are coated in a tikka curry paste, chilli, garlic & coconut cream sauce. Sided with a silky smooth mash potato and roasted kale.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person

---

**Chef:** Azola Poswa

---

 Quick & Easy

---

 Waterkloof | False Bay Chardonnay

---

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook



## Ingredients & Prep

8	Free-range Chicken Wings
30ml	Cornflour
250g	Potato Chunks
50g	Kale
1	Garlic Clove
1	Fresh Chilli
10ml	Spice & All Things Nice Tikka Curry Paste
100ml	Coconut Cream

## From Your Kitchen

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

**1. BAKED WINGS** Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray and lightly coat with the cornflour, oil, and seasoning. Roast in the hot oven until cooked through and starting to crisp, 20-25 minutes (shifting halfway).

**2. MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**3. KALE** Rinse and roughly shred the kale. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and fully coated. Place on a roasting tray. When the wings have 8-10 minutes remaining, pop the tray of the kale into the oven and roast until crispy for the remaining time.

**4. CURRY SAUCE** Place a pan or wok over medium heat with a drizzle of oil. Peel and grate the garlic. Rinse, deseed and finely slice the chilli. When hot, fry the curry paste, the sliced chilli (to taste), and the grated garlic until fragrant, 1-2 minutes. Mix in the coconut cream and simmer until warmed through, 1-2 minutes. Remove from the heat, season, and mix through the crispy wings until coated.

**5. TIME TO EAT** Plate up the creamy, buttery mash. Side with the curried wings and the crispy kale. Well done, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	628kj
Energy	150kcal
Protein	8.8g
Carbs	9g
of which sugars	0.8g
Fibre	1.5g
Fat	8.4g
of which saturated	3.8g
Sodium	46mg

## Allergens

Allium, Sulphites

Cook  
within 3  
Days