



# UCCOOK

## Tamarind Chicken Wings & Coconut Quinoa

with carrot, cashew nuts, & sesame seeds

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Creation Wines | Creation Chardonnay

### Nutritional Info

	Per 100g	Per Portion
Energy	616kJ	5347kJ
Energy	147kcal	1279kcal
Protein	9g	78.3g
Carbs	12g	102g
of which sugars	3.2g	28.1g
Fibre	1.7g	14.7g
Fat	7.1g	62.1g
of which saturated	2.6g	22.8g
Sodium	85mg	738mg

**Allergens:** Allium, Sesame, Sulphites, Tree Nuts, Sugar Alcohol (Sweetener)

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
24	32	Free-range Chicken Wings
150ml	200ml	Tamarind Glaze (60ml [90ml] The Sauce Queen Smokey BBQ Sauce & 80ml [120ml] Colleen's Handmade Tamarind Chilli Sauce)
2	2	Onions <i>peel &amp; roughly slice</i>
360g	480g	Carrot <i>rinse, trim &amp; cut into bite-sized pieces</i>
30ml	40ml	NOMU Poultry Rub
225ml	300ml	Quinoa <i>rinse</i>
300ml	400ml	Coconut Milk
120g	160g	Corn
60g	80g	Spinach <i>rinse</i>
30ml	40ml	Lemon Juice
30g	40g	Cashew Nuts <i>roughly chop</i>
15ml	20ml	Black Sesame Seeds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. TASTY TAMARIND CHICKEN** 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 oven and roast until cooked through and starting to crisp, 25-30 minutes (shifting halfway). In the final 4-6 minutes, glaze with the tamarind glaze. Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

**2. NOMU-SPICED VEGGIES** Place a pot over medium heat with a drizzle of oil. When hot, fry the onions, and the carrot until turning golden, 6-7 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes.

**3. COCONUT QUINOA** Add the quinoa, the coconut milk, and a pinch of salt to the pot. Mix in 250ml [300ml] of water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat, mix in the spinach, the corn, and the lemon juice. Set aside to steam, about 5 minutes.

**4. GOLDEN CRUNCH** While the quinoa is on the go, place the nuts in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan.

**5. DELICIOUSNESS ON A PLATE** Make a bed of the quinoa, top with the chicken wings and any pan juices. Sprinkle over the sesame seeds and scatter over the nuts. Enjoy, Chef!

**Chef's Tip** For even crispier skin, toss the wings in salt, pepper, and a pinch of baking powder.