



UCCOOK

Kimchi Ranch Dressing & Chicken Wings

with cheddar cheese cornbread

If you ever get a request for chicken wings, this is the recipe to pull out, Chef! Not only will you be serving homemade, freshly made polenta cornbread (don't worry - it's super easy to make), but crispy, BBQ-coated chicken wings, and creamy Kewpie mayo kimchi dressing for dunking.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

Adventurous Foodie

Strandveld | Adamastor White Blend

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Ingredients & Prep

120g	Tinned Sweetcorn
180ml	Cornbread Flour <i>(60ml Polenta & 120ml Self-raising Flour)</i>
60g	Grated Cheddar Cheese
40ml	Sugar
30g	Kimchi <i>drain & finely chop</i>
120ml	Creamy Mayo <i>(60ml Crème Fraîche & 60ml Kewpie Mayo)</i>
1	Spring Onion <i>rinse, trim & finely slice</i>
16	Free-range Chicken Wings
80ml	BBQ Flour <i>(60ml Rice Flour & 20ml NOMU BBQ Rub)</i>
100ml	The Sauce Queen Smokey BBQ Sauce

From Your Kitchen

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

1. CORNBREAD Preheat the oven to 200°C. Place a loaf tin or a small baking dish in the oven to heat up. Heat 40g of butter in the microwave or in a pot over the stove until melted. In a bowl, combine the sweetcorn, the melted butter, 1 egg, and 60ml of milk or water. Mix until combined. Add the cornbread flour, the grated cheese, the sugar (don't add all the sugar if you'd prefer a more savoury cornbread), and seasoning.

2. BAKE Carefully remove the loaf tin or baking dish from the oven and add a drizzle of oil. Swish the oil around to make sure the base is fully greased. Pour in the batter and spread out evenly. Return to the hot oven and bake until golden and a skewer comes out clean, 25-30 minutes. Remove from the oven and cool for 5-10 minutes before turning it out. Run a knife around the edge to help turn out the cornbread. Cut into pieces as desired.

3. KIMCHI RANCH DRESSING In a bowl, combine the chopped kimchi, the creamy mayo, and the sliced spring onions (to taste). Set aside in the fridge.

4. WINGS PREP Pat the chicken wings dry with paper towel. Place the wings in a bowl, add the BBQ flour, seasoning, and toss to coat.

5. CRISPY CHICKEN Place a pan over medium-high heat with enough oil to cover the base. When hot, add the coated chicken wings and fry until crispy and cooked through, 8-10 minutes (flipping halfway). Drain on paper towel and place in a bowl. Add the BBQ sauce and toss to coat.

6. DINNER IS READY Dish up the cornbread, side with the BBQ wings, and serve the ranch dressing on the side for dunking! Good job, Chef!

Nutritional Information

Per 100g

Energy	997kJ
Energy	239kcal
Protein	12.2g
Carbs	17g
of which sugars	6.5g
Fibre	0.7g
Fat	10.2g
of which saturated	3.7g
Sodium	237mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Soy, Cow's Milk

Eat
Within
2 Days