



U C O O K

— COOKING MADE EASY

PERI-PERI CHICKEN WINGS

with homemade polenta fries & a zingy salsa

These finger-licking, marinated chicken wings can be done in the oven, or on the braai! With the perfect pairing of a sweet and sour salsa and polenta fries (expect a crunchy exterior and a creamy, cheesy interior!)

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Easy Peasy**

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



Ingredients & Prep

4	Free-Range Chicken Wings
10ml	NOMU BBQ Rub
100ml	Polenta
30ml	Grated Italian-Style Hard Cheese
50ml	Fresh Cream
50ml	Calisto's Peri-Peri Sauce
50g	Cucumber <i>finely diced</i>
1	Plum Tomato <i>rinsed & finely diced</i>
1	Red Onion <i>one half peeled & finely diced</i>
3g	Fresh Parsley <i>rinsed & roughly chopped</i>
30ml	Pickling Liquid <i>(20ml White Wine Vinegar & 10ml Honey)</i>

From Your Kitchen

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

1. BBQ-MARINADE Preheat the oven to 180°C. Boil the kettle. Pat the chicken wings dry with paper towel and place on a tinfoil-lined roasting tray. Coat in oil, seasoning, and the BBQ Rub. Set aside to marinate.

2. CREAMY POLENTA Place 30ml of polenta in a shallow bowl and set aside. Lightly grease a flat dish or tray and set aside for step 3. Place a pot over a high heat, fill with 300ml of boiling water, and add ½ tsp of salt. Once boiling, gradually whisk in the remaining polenta and stir constantly until there are no lumps. Reduce to a low heat and cook for 5-8 minutes, whisking regularly. When too thick to whisk, use a wooden spoon to keep stirring. On completion, it should be thick and creamy. Remove from the heat and add a knob of butter, the grated cheese, and the cream. Stir until combined and smooth. Immediately transfer the cooked polenta to the lightly greased dish and spread out evenly in a flat layer about 1.5-2cm thick. Pop in the fridge to cool for 20-25 minutes.

3. CHICKEN WINGS Pop the tray of marinated chicken in the hot oven and roast for 30-35 minutes, flipping at the halfway mark. Pop on the grill setting for the final 5 minutes, making sure they don't burn! Place the peri-peri sauce in a large bowl and set aside.

4. GROOVY SALSA While the wings are roasting, place the diced cucumber, tomato, and onion in a bowl. Toss with the Pickling Liquid and three-quarters of the chopped parsley. Season to taste and set aside. Just before serving, drain most of the Pickling Liquid from the salsa, leaving a little in the bowl.

5. POLENTA FRIES Once the polenta is cool, slice into long, rectangular "fries". Dust in the dish of uncooked polenta until evenly coated. Place a deep pan over a high heat with 250ml of oil. If the oil isn't deep enough to cover the polenta fries, add more. When very hot, cook the polenta fries for 5-7 minutes until crispy, shifting as they colour. On completion, allow to drain on some paper towel and season with salt. When the chicken wings are ready, transfer to the bowl of peri-peri sauce (don't include the tray juices!) and toss until coated.

6. FINGER LICKIN' GOOD! Serve up the peri-peri chicken wings with the polenta fries and tangy salsa on the side. Garnish with the remaining chopped parsley and get stuck in, Chef!



Chef's Tip

If you have the time, why not take the opportunity to light up the braai and grill the marinated chicken wings over the hot coals instead of in the oven. You'll get that unbeatable braai smoke flavour, as well as a festive evening!

Nutritional Information

Per 100g

Energy	733kJ
Energy	175Kcal
Protein	9.1g
Carbs	14g
of which sugars	3.7g
Fibre	0.9g
Fat	8.9g
of which saturated	3.3g
Sodium	312mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days