



# UCOOK

## Roasted Chicken Wings & Potato Salad

with fresh cucumber, zingy tomato & salad leaves

Juicy roasted chicken wings coated in rich BBQ sauce are served with a creamy baby potato salad, elevated with fresh cucumber, tomato & salad leaves. You won't be able to get enough of these moreish wings!

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Fan Faves

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 Delheim Wines | Delheim Gewürztraminer

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## Ingredients & Prep

8	Free-range Chicken Wings
250g	Baby Potatoes <i>halved</i>
50ml	BBQ Sauce
10ml	White Wine Vinegar
100g	Cucumber <i>cut into half-moons</i>
1	Tomato <i>½ roughly diced</i>
20g	Salad Leaves <i>rinsed &amp; shredded</i>
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
50ml	That Mayo (Original)

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. POTATOES & WINGS** 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 halved baby potatoes on a separate roasting tray in a single layer. Coat in oil and season. Roast in the oven until crispy and cooked through, 25-30 minutes (shifting halfway). In the final 5 minutes, baste the wings with the BBQ sauce.

**2. IN A PICKLE** When the roast is done, remove the roasted potatoes from the tray and set aside to cool slightly. In a bowl, combine the white wine vinegar, a sweetener, a drizzle of olive oil, and seasoning. Mix until the sweetener is fully dissolved. Toss through the cucumber half-moons, the diced tomato, and the shredded salad leaves.

**3. POTATO PARADISE** In a bowl, combine the slightly cooled roasted potatoes, the spring onion whites, the mayo, and seasoning.

**4. LET'S WING IT!** Plate up the creamy potato salad. Side with the BBQ wings and the fresh salad. Sprinkle over the spring onion greens. Well done, Chef!



## Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

## Nutritional Information

Per 100g

Energy	579kJ
Energy	138kcal
Protein	7.4g
Carbs	10g
of which sugars	1.8g
Fibre	1.4g
Fat	7.5g
of which saturated	1.9g
Sodium	133mg

## Allergens

Egg, Allium, Sulphites

Cook  
within 3  
Days