



UCOOK

Weber's Sticky Apricot Chicken Wings

with fresh coriander & sesame seed baby potatoes

Whether you're making these crispy chicken wings on the Weber or the stove, you'll savour them in a sticky soy sauce & apricot jam glaze, served alongside soft baby potatoes coated in black sesame seeds. An edamame & avo salad is the final flourish for this incredible dish!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Ella Nasser

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

16	Free-range Chicken Wings
125ml	Apricot Jam
125ml	Low Sodium Soy Sauce
2	Garlic Cloves <i>peeled & grated</i>
60ml	NOMU Oriental Rub
2	Avocados
1kg	Baby Potatoes <i>cut in half</i>
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
20ml	Black Sesame Seeds
200g	Edamame Beans
80g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. PUMP UP THE JAM Pat the chicken wings dry with paper towel. In a bowl, combine the apricot jam, the soy sauce, the grated garlic, the rub, and a splash of water. Halve the avocados and remove the pip. Scoop out the avocado flesh and roughly dice. Place in a salad bowl.

2. TASTY 'TATOES Place the halved baby potatoes in a pot of salted water over high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Simmer for 20-25 minutes until cooked through and soft. Remove from the heat, drain, and return to the pot. Add ½ the chopped coriander, ½ the sesame seeds, a drizzle of oil or knob of butter, and seasoning. Pop on the lid, and shake the pot until the potatoes are coated in the butter or oil.

3. BEANS & GREENS Boil the kettle. Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain and place in the bowl with the avo. Just before serving, add the rinsed green leaves, a drizzle of oil, and seasoning. Toss until combined.

4. WEBER BRAAI OPTION Once the coals on the Weber are ready and your grid is cleaned down, place the marinated chicken wings (reserving the excess marinade in the bowl) over a medium hot area of the Weber. Braai for 10-15 minutes or until cooked through and crisping up. Every 5 minutes, baste the wings in the reserved marinade and flip.

5. STOVE-TOP OPTION Place a pan over medium heat with a drizzle of oil. When hot, add the chicken wings (reserving the excess marinade in the bowl) and fry for 6-8 minutes or until cooked through and crisping up, shifting occasionally. In the final 2-4 minutes, baste the wings with the reserved sticky apricot sauce.

6. 'NCA! Plate up the baby potatoes. Side with the edamame & avo salad and the sticky apricot wings. Sprinkle over the remaining coriander and sesame seeds. Wonderful work, Chef!



Chef's Tip

If you're using a charcoal Weber, prepare enough coals for a hot fire. Alternatively, you can also use a Weber Genesis Gas braai to cook this tasty meal.

Nutritional Information

Per 100g

Energy	607kJ
Energy	145kcal
Protein	8.2g
Carbs	11g
of which sugars	3.1g
Fibre	2.2g
Fat	7.5g
of which saturated	1.6g
Sodium	246.8mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days