



# UCCOOK

## Mexican Chicken Wings

with roasted carrot & corn

A food fiesta! One tray holds a plethora of tasty bits and pieces: chicken wings, carrots, and corn are all coated in a NOMU Mexican Spice Blend and perfectly roasted until golden and crisp. It is served alongside a lemony salsa for some zing and guacamole for freshness. So easy, so tasty!

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**Hands-on Time:** 30 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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 Carb Conscious

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 Doos Wine | Doos Dry Red 3L

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## Ingredients & Prep

|      |  |
|------|--|
| 24   | Free-range Chicken Wings                                 |
| 360g | Carrot<br><i>rinsed, trimmed &amp; cut into wedges</i>   |
| 30ml | NOMU Mexican Spice Blend                                 |
| 1    | Plum Tomato<br><i>1½ rinsed &amp; roughly diced</i>      |
| 1    | Onion<br><i>¾ peeled &amp; finely diced</i>              |
| 1    | Lemons<br><i>1½ rinsed, zested &amp; cut into wedges</i> |
| 8g   | Fresh Coriander<br><i>rinsed &amp; roughly chopped</i>   |
| 150g | Corn   |
| 120g | Guacamole  |

## From Your Kitchen

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

**1. SPICY ROAST** Preheat the oven to 220°C. Pat the chicken dry with paper towel. Place on a roasting tray along with the carrot wedges. Coat in oil,  $\frac{3}{4}$  of the NOMU spice blend, and seasoning. Roast in the hot oven until cooked through and starting to crisp, 25-30 minutes (shifting halfway).

**2. SALSA** In a bowl, combine the diced tomato, the diced onion (to taste), the lemon zest (to taste),  $\frac{1}{2}$  the chopped coriander, seasoning, and a squeeze of lemon juice. Set aside.

**3. GOLDEN CORN** When the roast has been in for 5-10 minutes, coat the corn with the remaining NOMU spice blend, a drizzle of oil, and seasoning. Scatter the dressed corn over the tray and roast for the remaining time.

**4. FOOD FIESTA!** Dish up the roasted carrot wedges, chicken wings & corn. Side with the zesty salsa, dollop over the guacamole, and garnish with the remaining coriander. Serve with any remaining lemon wedges. Wow, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 460kj   |
| Energy             | 110kcal |
| Protein            | 7.6g    |
| Carbs              | 6g      |
| of which sugars    | 2.2g    |
| Fibre              | 1.5g    |
| Fat                | 6.1g    |
| of which saturated | 1.6g    |
| Sodium             | 105mg   |

## Allergens

Allium

Cook  
within 3  
Days