



WCOOK

Korean Fried Chicken Wings

with a beetroot & carrot slaw

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	681kJ	5692kJ
Energy	163kcal	1362kcal
Protein	8.7g	72.6g
Carbs	12g	100g
of which sugars	3.1g	25.6g
Fibre	1.3g	10.9g
Fat	8.6g	71.9g
of which saturated	1.4g	11.6g
Sodium	133mg	1114mg

Allergens: Sulphites, Egg, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
8	16	Free-range Chicken Wings
50ml	100ml	Rice Wine Vinegar
75g	75g	Julienne Carrots
75g	75g	Julienne Beetroot
200g	400g	Potato
80ml	160ml	Flour Mix <i>(40ml [80ml] Cornflour & 40ml [80ml] Cake Flour)</i>
50ml	100ml	Korean Sauce <i>(7,5ml [15ml] Gochujang, 15ml [30ml] Mrs Balls Chutney, 10ml [20ml] Tomato Sauce, 10ml [20ml] Low Sodium Soy Sauce, 2,5ml [5ml] Honey & 5ml [10ml] Sesame Oil)</i>
40ml	80ml	Kewpie Mayo
5ml	10ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel

1. **PICKLED SLAW** Preheat the oven to 200°C. In a small bowl, combine the vinegar with a sweetener (to taste). Toss through the beetroot and the carrot, season, and set aside in the fridge.

2. **POTATO WEDGES** Rinse the potato and cut into wedges. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

3. **COAT THE CHICKEN** Pat the chicken wings dry with paper towel. In a bowl, whisk 1 egg together with 1 tbsp of water. In a second bowl, add the flour mix and lightly season. Coat the chicken wings in the egg first, and then the flour mix.

4. **CRISPY CHICKEN** Place a pan over medium-high heat with enough oil to cover the base. When hot, add the chicken wings and fry until crispy and cooked through, 6-8 minutes (flipping halfway). Drain on paper towel and place in a bowl.

5. **SAUCE** Wipe down the pan and return the pan to medium-high heat. Add the Korean sauce to the pan. Simmer until thickening, 1-2 minutes. Loosen with 1 tbsp of water. Remove from the heat and add to the bowl of chicken wings. Toss to coat and set aside.

6. **SERVE UP & SAVOUR** Serve up the golden potato wedges with the mayo. Side with the crisp, sticky Korean wings and pile the beetroot and carrot slaw alongside. Sprinkle over the sesame seeds.