



# UCCOOK

## Chicken Wings & Aloo Chaat

with green leaves & dried cranberries

**Hands-on Time:** 25 minutes

**Overall Time:** 50 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Ella Nasser

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 545kJ    | 4977kJ      |
| Energy             | 130kcal  | 1191kcal    |
| Protein            | 8g       | 73.2g       |
| Carbs              | 10g      | 92g         |
| of which sugars    | 4.1g     | 37.2g       |
| Fibre              | 1.9g     | 17.1g       |
| Fat                | 6.3g     | 57.5g       |
| of which saturated | 1.4g     | 12.6g       |
| Sodium             | 73mg     | 664mg       |

**Allergens:** Soya, Allium, Sulphites

**Spice Level:** Hot

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                          |
|----------|------------|--------------------------------------------------------------------------|
| 24       | 32         | Free-range Chicken Wings                                                 |
| 60ml     | 80ml       | Spice & All Things Nice Tikka Curry Paste                                |
| 600g     | 800g       | Potato<br><i>rinse, peel (optional) &amp; cut into bite-sized pieces</i> |
| 8g       | 10g        | Fresh Curry Leaves<br><i>rinse &amp; dry</i>                             |
| 150ml    | 200ml      | Hellmann's Tangy Mayonnaise                                              |
| 2        | 2          | Onions<br><i>peel &amp; roughly slice 1½ [2]</i>                         |
| 2        | 2          | Fresh Chillies<br><i>rinse, deseed &amp; roughly slice</i>               |
| 90ml     | 125ml      | Mrs Balls Chutney                                                        |
| 60g      | 80g        | Salad Leaves<br><i>rinse</i>                                             |
| 2        | 2          | Tomatoes<br><i>rinse &amp; roughly dice 1½ [2]</i>                       |
| 30g      | 40g        | Dried Cranberries<br><i>roughly chop</i>                                 |

## From Your Kitchen

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

**1. HURRY WITH THE CURRY** Preheat the oven to 200°C. Pat the chicken wings dry with paper towel and place on a roasting tray. Coat in oil, ½ of the curry paste, and seasoning. Roast in the hot oven until golden and cooked through, 25-30 minutes (shifting halfway).

**2. PARBOILED PERFECTION** Place the potato in a pot of salted water. Bring to a boil and cook until starting to soften, 10-15 minutes. Drain and set aside.

**3. CURRY OIL MAYO** Place a pan over medium heat with 45ml [60ml] of oil. When hot, fry the curry leaves, 1 minute - be careful, they may splatter! Remove the leaves and the oil from the pan and place in a bowl. Set aside to cool and infuse for at least 10 minutes. Once cooled, remove the leaves from the oil and drain on paper towel. Pour the infused oil (to taste) into the mayo and mix until fully combined. Add water in 5ml increments until it comes together. Set aside for serving.

**4. LOADED POTATOES** When the potatoes are done, return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the parboiled potatoes and fry until cooked through and starting to crisp, 5-6 minutes (shifting occasionally). Add the remaining curry paste and ½ the chilli (to taste). Fry until fragrant, 1 minute (shifting constantly). Remove from the heat and add the chutney. Mix until fully combined and season.

**5. FRESH SIDE SALAD** In a bowl, combine the green leaves, the tomatoes, a drizzle of olive oil, and seasoning.

**6. ALOO THERE, TASTY DINNER!** Dish up the aloo chaat potatoes. Sprinkle over the cranberries, the remaining chilli (to taste), and the fried curry leaves. Place the roasted chicken wings alongside and drizzle over ½ of the curry mayo. Side with the fresh salad and the remaining curry mayo. Get dunking, Chef!