



# WCOOK

## Neil Ellis's Tomato Chicken Wings

with homemade cornbread

**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Neil Ellis

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 602kJ    | 4564kJ      |
| Energy             | 144kcal  | 1092kcal    |
| Protein            | 9.9g     | 75g         |
| Carbs              | 13.3g    | 100.6g      |
| of which sugars    | 5.3g     | 40.1g       |
| Fibre              | 1.1g     | 8.4g        |
| Fat                | 6.1g     | 45.9g       |
| of which saturated | 1.8g     | 13.7g       |
| Sodium             | 141mg    | 1069mg      |

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 8        | 16         | Free-range Chicken Wings   |
| 10ml     | 20ml       | NOMU Spanish Rub   |
| 60g      | 120g       | Tinned Sweetcorn   |
| 90ml     | 180ml      | Cornbread Flour<br>(30ml [60ml] Polenta & 60ml [120ml] Self-raising Flour) |
| 20ml     | 40ml       | White Sugar  |
| 1        | 1          | Onion<br><i>peel &amp; roughly slice</i>                                   |
| 100ml    | 200ml      | Tomato Passata   |
| 10ml     | 20ml       | Lemon Juice  |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                           |
| 20g      | 40g        | Sun-dried Tomatoes<br><i>roughly chop</i>                                  |
| 20g      | 40g        | Danish-style Feta<br><i>drain</i>  |

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Pop in the oven and roast until cooked through and starting to crisp, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

**2. CORNBREAD MIX** Place a loaf tin or a small baking dish in the oven to heat up. Heat 20g [40g] of butter in the microwave or in a pot over the stove until melted. In a bowl, combine the sweetcorn, the melted butter, 1 egg, and 30ml [60ml] of milk or water. Mix until combined. Add the cornbread flour, the sugar (don't add all the sugar if you'd prefer a more savoury cornbread), and seasoning.

**3. BAKE THE CORNBREAD** Carefully remove the loaf tin or baking dish from the oven and add a drizzle of oil. Swish the oil around to make sure the base is fully greased. Pour in the batter and spread out evenly. Return to the hot oven and bake until golden and a skewer comes out clean, 25-30 minutes. Remove from the oven and cool for 15 minutes before turning it out. Run a knife around the edge to help turn out the cornbread. Cut into pieces as desired.

**4. TASTY TOMATO SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the onions until soft and lightly golden, 4-5 minutes. Pour in the tomato passata and 100ml [200ml] of water. Simmer until slightly thickening, 8-10 minutes. Add a sweetener (to taste) and season.

**5. TOMATO WINGS** When the wings are done, add to the pan with the tomato sauce and mix to combine. Return the pan to medium heat. Simmer until the sauce is almost evaporated and the wings are coated well, 4-5 minutes. Remove from the heat.

**6. SOME FRESHNESS** In a bowl, combine the lemon juice, a drizzle of olive oil, and a sweetener (to taste). Add the salad leaves, the sun-dried tomatoes, and the feta. Season and toss to coat.

**7. DINNER IS READY** Plate up the cornbread, side with the tomato wings, and the fresh salad. Yum, Chef!