



Eat Within 3 Days

UCCOOK

Roasted Chicken Wings & Potato Salad

with a zingy tomato and Danish-style feta salad

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	673kJ	5660kJ
Energy	161kcal	1354kcal
Protein	8.6g	72.7g
Carbs	9g	77g
of which sugars	4.5g	37.9g
Fibre	0.6g	5.5g
Fat	9.8g	82.2g
of which saturated	2.5g	20.7g
Sodium	127mg	1066mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
8	16	Free-range Chicken Wings
250g	500g	Baby Potatoes <i>rinse & halve</i>
50ml	100ml	Richard Bosman's BBQ Sauce
10ml	20ml	White Wine Vinegar
30g	60g	Danish-style Feta <i>drain</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
20g	40g	Salad Leaves <i>rinse & shred</i>
1	1	Spring Onion <i>finely slice, keeping the white & green parts separate</i>
50ml	100ml	Hellmann's Tangy Mayonnaise

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. POTATOES & WINGS Preheat the oven to 200°C. Pat the chicken wings dry with paper towel and place on a roasting tray. Coat in oil and season. Spread out the baby potatoes on a separate roasting tray in a single layer. Coat in oil and season. Roast in the oven until crispy and cooked through, 25-30 minutes (shifting halfway). In the final 5 minutes, baste the wings with the BBQ sauce.

2. IN A PICKLE When the roast is done, remove the roasted potatoes from the tray and set aside to cool slightly. In a bowl, combine the white wine vinegar, a sweetener (to taste), a drizzle of olive oil, and seasoning. Mix until the sweetener is fully dissolved. Toss through the feta, the tomato, and the salad leaves.

3. POTATO PARADISE In a bowl, combine the slightly cooled roasted potatoes, the spring onion whites, the mayo, and seasoning.

4. LET'S WING IT! Plate up the creamy potato salad. Side with the BBQ wings and the fresh salad. Sprinkle over the spring onion greens. Well done, Chef!