

QCOOK

Crumbed Chicken Wings

with herby potatoes

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info	Per 100g	Per Portion
Energy	742kJ	4954kJ
Energy	177kcal	1185kcal
Protein	10.9g	72.7g
Carbs	16g	104g
of which sugars	3.5g	23.2g
Fibre	1.1g	7.5g
Fat	8g	53.1g
of which saturated	1.7g	11.1g
Sodium	199mg	1330mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
8	16	Free-range Chicken Wings
60ml	120ml	Flour Mix *(17.5ml [35ml] NOMU BBQ Rub, 2.5ml [5ml] Garlic Powder & 40ml [80ml] Flour)*
100ml	200ml	Panko Breadcrumbs
250g	500g	Baby Potatoes
3g	5g	Fresh Chives
50ml	100ml	Smoky BBQ Mayo *(20ml [40ml] BBQ Sauce & 30ml [60ml] Mayo)*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Egg/s
Butter

1. PANKO-CRUMBED CHICKEN Preheat the oven to 200°C. Pat the chicken dry with paper towel and season. Whisk 1 [2] egg/s in a bowl. Prepare two shallow dishes: one containing the flour mix (seasoned lightly), and one containing the panko. Coat the chicken in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the panko. Repeat this step with each piece. Set aside.

2. OFF TO A FLYING START Place a pot or pan over medium heat with enough oil to cover the base. Once hot, fry the coated wings until golden, 2-3 minutes (shifting occasionally). Remove from the pot and place on a roasting tray. Pop in the oven and roast until cooked through, 15-20 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

3. BUTTERY POTATOES Place the baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, add a generous knob of butter, ½ of the chives and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Remove from the heat and set aside.

4. SPREAD YOUR COOKING WINGS Serve up the herbed potatoes, side with the crispy chicken wings, and drizzle with the BBQ mayo. Garnish with the remaining chives.

Chef's Tip For seriously crispy wings, try double coating! The extra layer gives you a thicker, crunchier crust that holds onto all that smoky BBQ flavour.