



UCOOK

Smoky BBQ Chicken Wings & Blue Cheese

with onion rings & carrot fries

If you are feeling blue, this meal will cheer you up in no time, Chef! NOMU BBQ-spiced chicken wings join the flavour party with freshly made onion rings, an almond & bell pepper salad, and golden carrot wedges. The blue cheese dip brings everything together for a dinner celebration where deliciousness is the VIP guest.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jade Summers

Carb Conscious

Creation Wines | Creation Fine Cape Vintage

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Ingredients & Prep

24	Free-range Chicken Wings
15ml	NOMU BBQ Rub
360g	Carrot <i>rinse, trim, peel & cut into wedges</i>
30g	Almonds <i>roughly chop</i>
2	Onions <i>peel & cut 1½ into rounds</i>
60ml	Cornflour
60g	Salad Leaves <i>rinse & roughly shred</i>
150g	Cucumber <i>rinse & roughly dice</i>
2	Bell Peppers <i>rinse, deseed & cut 1½ into strips</i>
125ml	Blue Cheese Dressing

From Your Kitchen

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

1. WINGS & CARROT WEDGES 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. On a separate tray, spread the carrot wedges. Coat in oil and season. Roast the wings until cooked through and starting to crisp, and the carrots until golden, 30-35 minutes (shifting halfway).

2. A IS FOR ALMONDS Place the almonds in a pot, large enough for the onions, over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRISPY ONION RINGS Return the pot to medium-high heat with 4-5 cm of oil. Toss the onion rings in the corn flour, and seasoning. When the oil is hot, carefully lower the coated onion rings into the hot oil. Fry until golden brown, 1–2 minutes (shifting halfway). Drain on paper towel. Place in the oven to keep warm.

4. NUTTY SALAD In a bowl, combine the shredded leaves, the diced cucumber, the fresh pepper strips, the toasted nuts, a drizzle of olive oil, and seasoning.

5. GET STUCK IN Plate up the BBQ wings, the roasted carrot wedges, the golden onion rings, and the fresh salad. Serve with the blue cheese dressing on the side for dipping. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges in oil and seasoning, and the wings in oil, the NOMU rub, and seasoning. Place on separate ends of the fryer, and air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	413kJ
Energy	99kcal
Protein	7.2g
Carbs	6g
of which sugars	2.5g
Fibre	1.3g
Fat	5.3g
of which saturated	1.2g
Sodium	60mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
2 Days