



UCCOOK

Curry-spiced Chicken Wings

with creamy, buttery mash potato

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Azola Poswa

Wine Pairing: Waterkloof | Seriously Cool Cinsault

Nutritional Info	Per 100g	Per Portion
Energy	635kJ	4373kJ
Energy	152kcal	1046kcal
Protein	10.4g	71.6g
Carbs	9g	62g
of which sugars	1.2g	8.3g
Fibre	1.5g	10.1g
Fat	8.3g	56.8g
of which saturated	3.8g	26g
Sodium	33mg	229mg

Allergens: Allium, Sulphites

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
8	16	Free-range Chicken Wings
30ml	60ml	Cornflour
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
50g	100g	Kale
10ml	20ml	Spice & All Things Nice Tikka Curry Paste
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
1	1	Garlic Clove <i>peel & grate</i>
100ml	200ml	Coconut Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Milk (optional)
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. BAKED WINGS Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray and lightly coat with the cornflour, oil, and seasoning. Roast in the hot oven 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. MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

3. KALE Rinse and roughly shred the kale. Place the kale in a bowl with a drizzle of oil and season. Using your hands, gently massage until softened and fully coated. Place on a roasting tray. When the wings have 8-10 minutes remaining, pop the tray of the kale into the oven and roast until crispy for the remaining time.

4. CURRY SAUCE Place a pan or wok over medium heat with a drizzle of oil. When hot, fry the curry paste, the chilli (to taste), and the garlic until fragrant, 1-2 minutes. Mix in the coconut cream and simmer until warmed through, 1-2 minutes. Remove from the heat, season, and mix through the crispy wings until coated.

5. TIME TO EAT Plate up the creamy, buttery mash. Side with the curried wings and the crispy kale. Well done, Chef!