



UCOOK

Tomato Chicken Wings

with cornbread

North, west, east, south, you will be the happiest Chef when you put this homemade, fresh-from-the-oven cornbread in your mouth. If that isn't enough, this savoury bread will be complemented with NOMU Spanish Rub-spiced chicken wings coated in a tangy-licious tomato sauce. Sided with a zesty salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

 Creation Wines | Creation Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

8	Free-range Chicken Wings
10ml	NOMU Spanish Rub
60g	Tinned Sweetcorn
90ml	Cornbread Flour <i>(30ml Polenta & 60ml Self-raising Flour)</i>
20ml	White Sugar
1	Onion <i>peel & roughly slice</i>
100ml	Tomato Passata
10ml	Lemon Juice
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

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).

2. CORNBREAD MIX Place a loaf tin or a small baking dish in the oven to heat up. Heat 20g 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 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 sliced onions until soft and lightly golden, 4-5 minutes. Pour in the tomato passata and 100ml 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 rinsed green leaves and the sliced cucumber. Season and toss to coat.

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



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, NOMU rub, and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	673kJ
Energy	161kcal
Protein	11.4g
Carbs	15g
of which sugars	4.8g
Fibre	1.3g
Fat	6.4g
of which saturated	1.7g
Sodium	131mg

Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days