



UCCOOK

Tomato Chicken Wings

with homemade cornbread

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	566kJ	4345kJ
Energy	135kcal	1039kcal
Protein	9.3g	71.3g
Carbs	13g	100g
of which sugars	4.7g	36.3g
Fibre	1.3g	10.2g
Fat	5g	38.7g
of which saturated	1.4g	10.5g
Sodium	107mg	818mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
8	16	Free-range Chicken Wings
10ml	20ml	NOMU Spanish Rub
60g	120g	Tinned Sweetcorn
90ml	180ml	Cornbread Flour (30ml [60ml] Polenta & 60ml [120ml] Self-raising Flour)
20ml	40ml	White Sugar
1	1	Onion <i>peel & roughly slice</i>
100ml	200ml	Tomato Passata
10ml	20ml	Lemon Juice
20g	40g	Green Leaves <i>rinse</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

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

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). Alternatively, air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

2. CORNBREAD MIX Place a loaf tin or a small baking dish in the oven to heat up. Heat 20g [40g] 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 [60ml] 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 onions until soft and lightly golden, 4-5 minutes. Pour in the tomato passata and 100ml [200ml] 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 green leaves and the 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!