



UCOOK

Honey & Lemon Chicken Wings

with buttery potatoes & honey mustard mayo

After you get a taste of this incredible dish, you will do honey-things to make the food memory last forever, Chef! Luckily, today you won't have to use your imagination to remember the delightful crispiness of the zesty, honey-coated chicken wings, buttery baby potatoes, and a green salad. Sided with honey mustard mayo for dunking.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Otten

 Quick & Easy

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

8	Free-range Chicken Wings
15ml	Cornflour
200g	Baby Potato
40ml	Honey
15ml	Lemon Juice
20g	Salad Leaves
1	Bell Pepper
50g	Cucumber
50ml	Honey Mustard Mayo

From Your Kitchen

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

1. ROAST Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Lightly coat with the cornflour, oil, and seasoning. Pop in the hot oven and roast until cooked through and starting to crisp, 20-25 minutes (shifting halfway). In the final 5 minutes, turn the oven up to grill for extra crispiness.

2. BUTTER POTATOES Rinse and halve the baby potatoes. Place the halved baby potatoes in a pot (with a lid) 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 and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

3. STICKY WINGS Place a pan over medium heat with the honey, the lemon juice, and 20g of butter. When starting to foam, mix to combine and simmer until slightly reduced, 2-3 minutes. Add the crispy wings and mix until fully coated. Simmer until sticky, 2-3 minutes. Remove from the heat.

4. FRESH SALAD Rinse the salad leaves, the pepper, and the cucumber. Roughly shred the salad leaves and cut the cucumber into half-moons. Cut ¼ of the pepper into thin strips. In a salad bowl, combine the salad leaves, the cucumber, the pepper strips, a drizzle of olive oil, and seasoning. Toss to combine.

5. TIME TO ENJOY Plate up the buttery potatoes. Side with the sticky wings and the salad. Serve the mayo on the side for dipping. Look at you Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	608kj
Energy	145kcal
Protein	7.4g
Carbs	12g
of which sugars	7.1g
Fibre	0.8g
Fat	6.8g
of which saturated	1.5g
Sodium	90mg

Allergens

Egg, Dairy, Allium, Sulphites

Cook
within 3
Days