



UCOOK

Basil Pesto Chicken Wings

with fresh herbs & bulgur wheat

You can't help but appreciate the beauty of cooking when you make a meal like this, Chef! Bulgur wheat is dotted with a fresh medley of herbs, feta, cucumber & tomato and served with oven-roasted chicken wings, which are coated in a creamy Pesto Princess Basil Pesto sauce. Served with a cooling pesto crème and spring onion greens for garnish.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Fan Faves

Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

8	Free-range Chicken Wings
75ml	Bulgur Wheat
30ml	Crème Fraîche
40ml	Pesto Princess Basil Pesto
6g	Mixed Herbs <i>(3g Fresh Mint & 3g Fresh Parsley)</i>
3g	Fresh Basil <i>rinse & pick</i>
50g	Cucumber <i>rinse & roughly dice</i>
15ml	Lemon Juice
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
1	Tomato <i>rinse & roughly dice</i>
20g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. CRISPY CHICKEN WINGS Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil and seasoning. Pop in the oven and roast until cooked through and starting to crisp, 20-25 minutes (shifting halfway).

2. FLUFFY BULGUR Boil the kettle. Place the bulgur wheat in a pot with 150ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

3. PRESTO, IT'S PESTO! In a small bowl, combine the crème fraîche with ½ the pesto and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

4. LOAD WITH FRESH FLAVOUR Rinse, pick and finely chop the mixed herbs and the picked basil. When the bulgur is done, toss through the diced cucumber, the lemon juice (to taste), the spring onion whites (to taste), the diced tomato, the chopped herbs, the drained feta and seasoning. Set aside.

5. BRING ON THE BASIL When the wings are done, toss with the remaining basil pesto until well coated. Reserve any roasting juices left in the tray for serving.

6. FRESH & FLAVOURFUL Plate up the herby loaded bulgur wheat and serve the pesto-tossed wings alongside, drizzling with any pesto or roasting juices from the tray. Dollop over the pesto crème and garnish with the spring onion greens (to taste).



Chef's Tip

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

Nutritional Information

Per 100g

Energy	747kJ
Energy	179kcal
Protein	11.9g
Carbs	9g
of which sugars	1.4g
Fibre	1.8g
Fat	10.7g
of which saturated	3.5g
Sodium	99mg

Allergens

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

Eat
Within
2 Days