



WCOOK

Korean Fried Chicken Wings

with a beetroot & carrot slaw

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Suné van Zyl

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 681kJ | 5692kJ |
| Energy | 163kcal | 1362kcal |
| Protein | 8.7g | 72.6g |
| Carbs | 12g | 100g |
| of which sugars | 3.1g | 25.6g |
| Fibre | 1.3g | 10.9g |
| Fat | 8.6g | 71.9g |
| of which saturated | 1.4g | 11.6g |
| Sodium | 133mg | 1114mg |

Allergens: Egg, Gluten, Sesame, Wheat, Sulphites, Soy, Sugar Alcohol (Sweetener)

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 150ml | 200ml | Rice Wine Vinegar |
| 150g | 150g | Julienne Carrots |
| 150g | 150g | Julienne Beetroot |
| 600g | 800g | Potato <i>rinse & cut into wedges</i> |
| 24 | 32 | Free-range Chicken Wings |
| 240ml | 320ml | Flour Mix <i>(120ml [160ml] Cornflour & 120ml [160ml] Cake Flour)</i> |
| 150ml | 200ml | Korean Sauce <i>(22,5ml [30ml] Gochujang, 45ml [60ml] Mrs Balls Chutney, 30ml [40ml] Tomato Sauce, 30ml [40ml] Low Sodium Soy Sauce, 7,5ml [10ml] Honey & 15ml [20ml] Sesame Oil)</i> |
| 125ml | 160ml | Kewpie Mayo |
| 15ml | 20ml | Black Sesame Seeds |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Egg/s

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. **PICKLED SLAW** Preheat the oven to 200°C. In a small bowl, combine the vinegar with a sweetener (to taste). Toss through the beetroot and the carrot, season, and set aside in the fridge.

2. **POTATO WEDGES** Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

3. **COAT THE CHICKEN** Pat the chicken wings dry with paper towel. In a bowl, whisk 2 eggs together with 2 tbsp of water. In a second bowl, add the flour mix and lightly season. Coat the chicken wings in the egg first, and then the flour mix.

4. **CRISPY CHICKEN** Place a pan over medium-high heat with enough oil to cover the base. When hot, add the coated chicken wings and fry until crispy and cooked through, 6-8 minutes (flipping halfway). You may need to do this step in batches. Drain on paper towel and place in a bowl.

5. **SAUCE** Wipe down the pan and return the pan to medium-high heat. Add the Korean sauce to the pan. Simmer until thickening, 3-4 minutes. Loosen with 2 tbsp of water. Remove from the heat and add to the bowl of chicken wings. Toss to coat and set aside.

6. **SERVE UP & SAVOUR** Serve up the golden potato wedges with the mayo. Side with the crisp, sticky Korean wings and pile the beetroot and carrot slaw alongside. Sprinkle over the sesame seeds.