



# UCCOOK

## Louisiana-Style Chicken Wings

with mini potato wedges & paprika pineapple rings

**Hands-on Time:** 45 minutes

**Overall Time:** 65 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Hellen Mwanza

**Wine Pairing:** Waterford Estate | Waterford Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 584kJ    | 4611kJ      |
| Energy             | 140kcal  | 1103kcal    |
| Protein            | 9.2g     | 72.8g       |
| Carbs              | 8.7g     | 68.8g       |
| of which sugars    | 3.8g     | 29.8g       |
| Fibre              | 0.9g     | 7.4g        |
| Fat                | 7.6g     | 60g         |
| of which saturated | 1.6g     | 12.9g       |
| Sodium             | 178.2mg  | 1407mg      |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                     |
|----------|------------|-----------------------------------------------------|
| 24       | 32         | Free-range Chicken Wings                            |
| 45ml     | 60ml       | NOMU Cajun Rub                                      |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>            |
| 150ml    | 200ml      | Greek Yoghurt                                       |
| 600g     | 800g       | Baby Potatoes<br><i>rinse &amp; cut into wedges</i> |
| 300g     | 400g       | Pineapple Rings<br><i>drain</i>                     |
| 15ml     | 20ml       | Smoked Paprika                                      |
| 150g     | 200g       | Cucumber<br><i>rinse &amp; roughly dice</i>         |
| 60g      | 80g        | Pickled Onions<br><i>drain &amp; roughly dice</i>   |
| 125ml    | 160ml      | Mayo                                                |
| 8g       | 10g        | Fresh Chives<br><i>rinse &amp; finely slice</i>     |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

**1. SOME PREP** Preheat the oven to 200°C. Pat the chicken wings dry with paper towel. In a bowl, combine the chicken wings, NOMU rub, garlic, yoghurt, a drizzle of oil, and seasoning. Toss to combine and set aside. Spread the baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. LOUISIANA ROAST** Place the wings on a roasting tray and pop in the oven. Roast until cooked through and starting to crisp and lightly charred, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

**3. PAPRIKA PINEAPPLE** Place a pan over medium heat with a drizzle of oil and a knob of butter. Coat the pineapple rings with paprika. When hot, fry the pineapple until lightly charred, 30-60 seconds per side, and remove from the pan.

**4. JUST BEFORE SERVING** In a bowl, combine the cucumber, pickled onion, a drizzle of olive oil, and seasoning.

**5. TIME TO EAT** Dish up the mini wedges, top with dollops of mayo, and side with the chicken wings, cucumber mixture, and paprika pineapple rings. Garnish with a sprinkle of the chives. Dig in, Chef!

**Chef's Tip** For the juiciest, most flavourful wings, marinate the chicken in the yoghurt mixture overnight in the fridge. The yoghurt tenderises the meat beautifully.