

Ingredients & Prep

32	Free-range Chicken Wings
125ml	Cornflour
800g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
200g	Kale
40ml	Spice & All Things Nice Tikka Curry Paste
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
2	Garlic Cloves <i>peel & grate</i>
400ml	Coconut Cream

From Your Kitchen

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

1. BAKED WINGS Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray and lightly coat with the cornflour, oil, and seasoning. Roast in the hot oven until cooked through and starting to crisp, 25-30 minutes (shifting halfway).

2. MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

3. KALE Rinse and roughly shred the kale. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and fully coated. Place on a roasting tray. When the wings have 8-10 minutes remaining, pop the tray of the kale into the oven and roast until crispy for the remaining time.

4. CURRY SAUCE Place a pan or wok over medium heat with a drizzle of oil. When hot, fry the curry paste, the sliced chilli (to taste), and the grated garlic until fragrant, 1-2 minutes. Mix in the coconut cream and simmer until warmed through, 2-3 minutes. Remove from the heat, season, and mix through the crispy wings until coated.

5. TIME TO EAT Plate up the creamy, buttery mash. Side with the curried wings and the crispy kale. Well done, 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, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	635kj
Energy	152kcal
Protein	10.4g
Carbs	9g
of which sugars	1.2g
Fibre	1.5g
Fat	8.3g
of which saturated	3.8g
Sodium	33mg

Allergens

Allium, Sulphites

Eat
Within
2 Days