



# UCCOOK

## Weber's Sticky Apricot Chicken Wings

with fresh coriander & sesame seed baby potatoes

Whether you're making these crispy chicken wings on the Weber or the stove, you'll savour them in a sticky soy sauce & apricot jam glaze, served alongside soft baby potatoes coated in black sesame seeds. An edamame & avo salad is the final flourish for this incredible dish!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 Quick & Easy

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc 2021

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## Ingredients & Prep

4	Free-range Chicken Wings
30ml	Apricot Jam
30ml	Low Sodium Soy Sauce
1	Garlic Clove <i>peeled &amp; grated</i>
15ml	NOMU Oriental Rub
1	Avocado
250g	Baby Potatoes <i>cut in half</i>
4g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
5ml	Black Sesame Seeds
50g	Edamame Beans
20g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. PUMP UP THE JAM** Pat the chicken wings dry with paper towel. In a bowl, combine the apricot jam, the soy sauce, the grated garlic, the rub, and a splash of water. Halve the avocado and set aside the half containing the pip for another meal. Scoop out the avocado flesh and roughly dice. Place in a salad bowl.

**2. TASTY 'TATOES** Place the halved baby potatoes in a pot of salted water over high heat. Pop on a lid and bring to the boil. Once boiling, remove the lid and reduce the heat. Simmer for 20-25 minutes until cooked through and soft. Remove from the heat, drain, and return to the pot. Add ½ the chopped coriander, ½ the sesame seeds, a drizzle of oil or knob of butter, and seasoning. Pop on the lid, and shake the pot until the potatoes are coated in the butter or oil.

**3. BEANS & GREENS** Boil the kettle. Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain and place in the bowl with the avo. Just before serving, add the rinsed green leaves, a drizzle of oil, and seasoning. Toss until combined.

**4. WEBER BRAAI OPTION** Once the coals on the Weber are ready and your grid is cleaned down, place the marinated chicken wings (reserving the excess marinade in the bowl) over a medium hot area of the Weber. Braai for 10-15 minutes or until cooked through and crisping up. Every 5 minutes, baste the wings in the reserved marinade and flip.

**5. STOVE-TOP OPTION** Place a pan over medium heat with a drizzle of oil. When hot, add the chicken wings (reserving the excess marinade in the bowl) and fry for 6-8 minutes or until cooked through and crisping up, shifting occasionally. In the final 2-4 minutes, baste the wings with the reserved sticky apricot sauce.

**6. 'NCA!** Plate up the baby potatoes. Side with the edamame & avo salad and the sticky apricot wings. Sprinkle over the remaining coriander and sesame seeds. Wonderful work, Chef!



## Chef's Tip

If you're using a charcoal Weber, prepare enough coals for a hot fire. Alternatively, you can also use a Weber Genesis Gas braai to cook this tasty meal.

## Nutritional Information

Per 100g

Energy	607kJ
Energy	145kcal
Protein	8.2g
Carbs	11g
of which sugars	3.1g
Fibre	2.2g
Fat	7.5g
of which saturated	1.6g
Sodium	246.8mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 3  
Days