



UCOOK

Mexican Chicken Wings

with roasted carrot & corn

A food fiesta! One tray holds a plethora of tasty bits and pieces: chicken wings, carrots, and corn are all coated in a NOMU Mexican Spice Blend and perfectly roasted until golden and crisp. It is served alongside a lemony salsa for some zing and guacamole for freshness. So easy, so tasty!

Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

8	Free-range Chicken Wings
120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
10ml	NOMU Mexican Spice Blend
1	Plum Tomato <i>½ rinsed & roughly diced</i>
1	Onion <i>¼ peeled & finely diced</i>
1	Lemons <i>½ rinsed, zested & cut into wedges</i>
3g	Fresh Coriander <i>rinsed & roughly chopped</i>
50g	Corn
40g	Guacamole

From Your Kitchen

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

1. SPICY ROAST Preheat the oven to 220°C. Pat the chicken dry with paper towel. Place on a roasting tray along with the carrot wedges. Coat in oil, $\frac{3}{4}$ of the NOMU spice blend, and seasoning. Roast in the hot oven until cooked through and starting to crisp, 20-25 minutes (shifting halfway).

2. SALSA In a bowl, combine the diced tomato, the diced onion (to taste), the lemon zest (to taste), $\frac{1}{2}$ the chopped coriander, seasoning, and a squeeze of lemon juice. Set aside.

3. GOLDEN CORN When the roast has been in for 5-10 minutes, coat the corn with the remaining NOMU spice blend, a drizzle of oil, and seasoning. Scatter the dressed corn over the tray and roast for the remaining time.

4. FOOD FIESTA! Dish up the roasted carrot wedges, chicken wings & corn. Side with the zesty salsa, dollop over the guacamole, and garnish with the remaining coriander. Serve with any remaining lemon wedges. Wow, Chef!

Nutritional Information

Per 100g

Energy	460kj
Energy	110kcal
Protein	7.6g
Carbs	6g
of which sugars	2.2g
Fibre	1.5g
Fat	6.1g
of which saturated	1.6g
Sodium	105mg

Allergens

Allium

Cook
within 3
Days