



# UCOOK

## Sriracha Chicken Wings & Carrot Fries

with a cabbage slaw

Who can resist chicken wings dunked into deliciousness, Chef? A sriracha coating covers crispy chicken wings, spiced with NOMU One For All Rub. Sided with oven-roasted carrot wedges, and a creamy cabbage, edamame, & parsley slaw.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Hellen Mwanza

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Carb Conscious

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Groote Post Winery | Groote Post Chenin Blanc

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## Ingredients & Prep

8	Free-range Chicken Wings
5ml	NOMU One For All Rub
50ml	Sriracha Sauce
240g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
40g	Edamame Beans
100g	Cabbage <i>rinse &amp; thinly shred</i>
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
50ml	Tangy Mayo

## From Your Kitchen

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

**1. OM NOM NOMU WINGS** Boil the kettle. Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Pop in the oven and roast until cooked through and starting to crisp, 20-25 minutes (shifting halfway). Remove from the oven and toss through the sriracha sauce.

**2. CRISPY CARROTS** On a separate roasting tray, spread the carrot wedges. Coat in oil, the remaining NOMU rub, and seasoning. Roast in the hot oven until golden, 15-20 minutes (shifting halfway).

**3. PLUMP IT UP** Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**4. CREAMY SLAW** In a bowl, combine the shredded cabbage, the plumped edamame beans, the chopped parsley, and the mayo. Season.

**5. DELISH DINNER** Dish up the sriracha wings. Side with the golden carrots, and the creamy slaw. Enjoy, Chef!



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Lightly coat with the oil, ½ the NOMU rub, and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	582kj
Energy	139kcal
Protein	7.6g
Carbs	6g
of which sugars	3.4g
Fibre	1.7g
Fat	9.3g
of which saturated	1.8g
Sodium	206mg

## Allergens

Egg, Allium, Sulphites, Soy

Eat  
Within  
2 Days