



# UCOOK

## Oven Baked Chilli-ginger Chicken Wings

with savoury rice

On a bed of leek-laced savoury rice comes crispy chicken wings that are coated in a special UCOOK tangy sauce - a perfect balance between Asian and prego sauces with a chilli & ginger kick. Sided with a sweet-salty smashed cucumber salad.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Jason Johnson

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 Quick & Easy

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 Sijnn Wines | Sijnn White Blend

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## Ingredients & Prep

8	Free-range Chicken Wings
10ml	Cornflour
100g	Leeks
10g	Fresh Ginger
70ml	Tangy Sauce <i>(30ml Prego Sauce, 30ml Asian BBQ Sauce &amp; 10ml Rice Wine Vinegar)</i>
5ml	Dried Chilli Flakes
100ml	Jasmine Rice
100g	Cucumber <i>rinsed</i>
45ml	Dressing <i>(5ml Sesame Oil, 20ml Low Sodium Soy Sauce &amp; 20ml Rice Wine Vinegar)</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. ROAST WINGS** Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil, the cornflour, and seasoning. Pop in the oven and roast until cooked through and starting to crisp, 20-25 minutes (shifting halfway).

**2. SOME PREP** Trim, halve, and thoroughly rinse the leeks. Roughly slice them. Peel and grate the ginger. In a small bowl, combine the tangy sauce, ½ the dried chilli flakes, and the grated ginger.

**3. STEAMED SAVOURY RICE** Rinse the rice. Place a pot over medium-high heat with a drizzle of oil. When hot, add the sliced leeks and fry until golden, 3-4 minutes (shifting occasionally). Add the rinsed rice and 200ml of salted water. Cover with a lid and bring to the boil. Reduce the heat and simmer until the water has been absorbed, 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**4. SMASHED CUCUMBER SALAD** Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and salt lightly. In a bowl, combine the dressing with 1 tbsp of sweetener. Mix until fully combined. Add the cucumber pieces, the remaining chilli flakes, and toss until fully coated. Set aside to marinate until serving.

**5. ADD THE SAUCY TO WINGS** Place a pan or wok over medium heat. Pour in the tangy sauce mixture. Once the sauce starts to heat up, add the crispy wings, and a splash of water. Simmer until the wings are coated, 1-2 minutes. Remove from the heat.

**6. DINNER IS READY** Make a bed of the savoury rice, top with the saucy wings and all the pan juices. Serve alongside the smashed cucumber salad. Enjoy, Chef!



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, the cornflour and season. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	601kJ
Energy	144kcal
Protein	6.2g
Carbs	19g
of which sugars	4.7g
Fibre	0.9g
Fat	4.5g
of which saturated	1.1g
Sodium	248mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 3  
Days