



UCOOK

Paprika-chilli Wings & Smashed Potatoes

with pickled onions & Colleen's Smoked Paprika Chilli Sauce

If you had to eat one dish for the rest of your life, this would probably be it, Chef! A crispy NOMU One For All Rub-spiced coating covers juicy chicken wings, which are dunked in a sweet & smoked paprika chilli sauce. Sided with crispy-skin smashed potatoes, maply syrup-pickled onions, and dollops of dijon mustard yoghurt.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

250g	Baby Potatoes <i>rinse</i>
8	Free-range Chicken Wings
80ml	Flour Mix <i>(40ml Cornflour & 40ml Cake Flour)</i>
5ml	NOMU One For All Rub
50ml	Chicken Sauce <i>(30ml Colleen's Handmade Smoked Paprika Chilli Sauce, 10ml Worcestershire Sauce & 10ml Honey)</i>
1	Onion <i>peel & finely slice ½</i>
30ml	White Wine Vinegar
5ml	Maple-flavoured Syrup
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
50ml	Greek Yoghurt
5ml	Dijon Mustard

From Your Kitchen

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

1. PARBOILED POTATOES Preheat the oven to 220°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. FIRST THE EGG, THEN THE FLOUR Pat the chicken wings dry with paper towel. Prepare a shallow dish with 1 egg and a splash of water. Mix until combined. Prepare a second shallow dish with the flour mix & the NOMU rub (seasoned lightly). Coat the chicken wings in the egg first, and then the flour mix.

3. SPREAD YOUR WINGS & FRY Return the pan to medium-high heat with enough oil to cover the base. When hot, add the coated chicken wings and fry until crispy and cooked through, 6-8 minutes (flipping halfway). Drain on paper towel. When all the chicken is done, place in a bowl with the chicken sauce and toss until coated.

4. PICKLED ONIONS Place the sliced onions into a bowl with the vinegar, the maple syrup, a splash of cold water, ½ the chopped parsley, a drizzle of olive oil, and seasoning. Set aside.

5. CREAMY MUSTARD In a bowl, combine the yoghurt, mustard, a drizzle of olive oil and seasoning. Set aside.

6. SMASHIN' IT! Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle with oil and season. Roast in the hot oven until crispy, 15-20 minutes.

7. GRAB SOME SERVIETTES Plate up the spicy wings and side with the smashed potatoes. Dollop over the mustard yoghurt and scatter over the pickled onions. Garnish with the remaining chopped parsley.

Nutritional Information

Per 100g

Energy	543kJ
Energy	130kcal
Protein	8.5g
Carbs	12g
of which sugars	3.6g
Fibre	0.9g
Fat	4.4g
of which saturated	1.3g
Sodium	89mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Sugar Alcohol (Xylitol), Cow's Milk

Eat
Within
3 Days