



# UCOOK

## One Tray Wings & Corn On The Cob

with sour cream & crispy onions

Enjoy this quick, easy, and delicious dinner in just three steps! A true one tray wonder: tender roasted wings and the sweetest corn on the cob. Served alongside a bright fresh salad and dollops of sour cream for some tang!

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**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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 Quick & Easy

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 Niel Joubert | Sauvignon Blanc

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## Ingredients & Prep

12	Free-range Chicken Wings
3	Corn On The Cob <i>cut into thirds</i>
30ml	NOMU Mexican Spice Blend
60g	Green Leaves
60g	Radish
12g	Fresh Chives
150g	Cucumber
125ml	Sour Cream
30ml	Crispy Onions

## From Your Kitchen

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

**1. DON'T BE TRAY ME** Preheat the oven to 200°C. Pat the chicken wings dry with some paper towel. Place on a roasting tray along with the corn pieces. Coat in oil, the rub (to taste), and seasoning. Pop in the hot oven and roast for 25-30 minutes until the wings are cooked through and the corn is starting to brown, shifting halfway.

**2. SALAD CITY** Rinse the green leaves, the radish, and the chives. Roughly chop the chives, cut the cucumber into half-moons, and gently shred the green leaves. Cut the radish into quarters or thinly slice. In a bowl, combine the sour cream, seasoning, a splash of water, and ½ the chopped chives. Set aside. Just before serving, combine the shredded green leaves, the cucumber half-moons, and the radish quarters or slices, a drizzle of oil, and seasoning.

**3. DINNER IS SERVED!** Plate up the roasted wings and corn, dollop over the sour cream, and sprinkle over the crispy onions and the remaining chives. Serve the fresh salad alongside. Easy peasy, Chef!

## Nutritional Information

Per 100g

Energy	619kJ
Energy	148Kcal
Protein	10.8g
Carbs	5g
of which sugars	1.9g
Fibre	0.7g
Fat	9.4g
of which saturated	3g
Sodium	156mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within 3  
Days