



# UCOOK

## Smoky BBQ Chicken Wings & Blue Cheese

with onion rings & carrot fries

If you are feeling blue, this meal will cheer you up in no time, Chef! NOMU BBQ-spiced chicken wings join the flavour party with freshly made onion rings, an almond & bell pepper salad, and golden carrot wedges. The blue cheese dip brings everything together for a dinner celebration where deliciousness is the VIP guest.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Jade Summers

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Carb Conscious

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Creation Wines | Creation Fine Cape Vintage

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## Ingredients & Prep

16	Free-range Chicken Wings
10ml	NOMU BBQ Rub
240g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
20g	Almonds <i>roughly chop</i>
1	Onion <i>peel &amp; cut into rounds</i>
40ml	Cornflour
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
100g	Cucumber <i>rinse &amp; roughly dice</i>
1	Bell Pepper <i>rinse, deseed &amp; cut into strips</i>
80ml	Blue Cheese Dressing

## From Your Kitchen

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

**1. WINGS & CARROT WEDGES** Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil, the NOMU rub, and seasoning. On a separate tray, spread the carrot wedges. Coat in oil and season. Roast the wings until cooked through and starting to crisp, and the carrots until golden, 25-30 minutes (shifting halfway).

**2. A IS FOR ALMONDS** Place the almonds in a pot, large enough for the onions, over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. CRISPY ONION RINGS** Return the pot to medium-high heat with 4-5 cm of oil. Toss the onion rings in the corn flour, and seasoning. When the oil is hot, carefully lower the coated onion rings into the hot oil. Fry until golden brown, 1–2 minutes (shifting halfway). Drain on paper towel. Place in the oven to keep warm.

**4. NUTTY SALAD** In a bowl, combine the shredded leaves, the diced cucumber, the fresh pepper strips, the toasted nuts, a drizzle of olive oil, and seasoning.

**5. GET STUCK IN** Plate up the BBQ wings, the roasted carrot wedges, the golden onion rings, and the fresh salad. Serve with the blue cheese dressing on the side for dipping. Enjoy, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges in oil and seasoning, and the wings in oil, the NOMU rub, and seasoning. Place on separate ends of the fryer, and air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	413kJ
Energy	99kcal
Protein	7.2g
Carbs	6g
of which sugars	2.5g
Fibre	1.3g
Fat	5.3g
of which saturated	1.2g
Sodium	60mg

## Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
2 Days