UCOOK

Dunked Chicken Wings & Baby Marrow

with carrot ribbons & piquanté peppers

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	562kJ	4217kJ
Energy	134kcal	1009kcal
Protein	8.9g	67.2g
Carbs	7g	50g
of which sugars	5g	37.7g
Fibre	1.1g	8g
Fat	8.3g	62.6g
of which saturated	1.6g	11.7g
Sodium	219mg	1646mg

Allergens: Sulphites, Gluten, Wheat, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
24	32	Free-range Chicken Wings
22.5ml	30ml	NOMU Oriental Express
180ml	240ml	Spicy Sweet Soy *(45ml [60ml] Sweet Soy, 15ml [20ml] Sriracha & 125ml [160ml] Mayo)*
600g	800g	Baby Marrow *rinse, trim & cut into bite-sized pieces*
360g	480g	Carrot *rinse, trim & peel into ribbons*
60g	80g	Salad Leaves *rinse & roughly shred*
60g	80g	Piquanté Peppers *drain*
60ml	80ml	Honey Mustard Dressing

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST 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. Pop in the oven and roast until cooked through and starting to crisp, 25-30 minutes (shifting halfway). In the final 2-3 minutes, coat with the spicy sweet soy. Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

2. BABY MARROW Coat the baby marrow in oil and season. When the wings have 10-15 minutes to go, on one side of the tray, place the baby marrow, and roast for the remaining time until lightly golden and cooked through.

3. SALAD In a small bowl, combine the carrot, baby marrow, salad leaves, peppers, and the dressing. Toss to combine and season.

4. DINNER IS READY Plate up the loaded salad and serve it with the wings.

Chef's Tip If you have the time, why not take the opportunity to light up the braai and grill the marinated chicken wings over the hot coals instead of in the oven. You'll get that unbeatable braai smoke flavour, as well as a festive evening!