



UCOOK

Chicken Wings & Baby Marrow Medley

with piquanté peppers

These chicken wings will make your palate soar to new heights, Chef! A bed of crunchy greens, loaded with oven-roasted baby marrows, carrot ribbons, & piquanté peppers and tossed with a zesty-sweet dressing, is topped with NOMU Oriental-spiced chicken wings. Garnished with a mayo drizzle.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Bertha Wines | Bertha Rosé 2023

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Ingredients & Prep

8	Free-range Chicken Wings
7.5ml	NOMU Oriental Rub
200g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
40ml	Mayo
20ml	Lemon Juice
120g	Carrot <i>rinse, trim & peel into ribbons</i>
20g	Piquanté Peppers <i>drain</i>
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
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, 20-25 minutes (shifting halfway).

2. BABY MARROW Coat the baby marrow pieces 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 mayo with a ¼ of the lemon juice and season. Loosen with water in 5ml increments until drizzling consistency. In a salad bowl, combine the remaining lemon juice with a drizzle of olive oil, and a sweetener (to taste). Add the carrot ribbons, the roasted baby marrow, the shredded leaves, and the drained peppers. Toss to combine and season.

4. DINNER IS READY Plate up the loaded salad, and side with the wings. Drizzle over the tangy mayo.



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	512kJ
Energy	123kcal
Protein	9.1g
Carbs	4g
of which sugars	3.2g
Fibre	1g
Fat	8g
of which saturated	1.6g
Sodium	87mg

Allergens

Allium, Sesame, Sulphites

Eat
Within
2 Days