



UCOOK

Chicken Wings & Aloo Chaat

with green leaves & dried cranberries

Aloo chaat refers to the mouth-watering mix of sweet, sour & spicy flavours that are soaked up by the fried potatoes in this Indian street food dish. The crispy chicken wings, curry leaf oil-infused mayo, pops of sweet dried cranberries & kick of chilli are all delicious bonuses!

Hands-on Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Ella Nasser

Adventurous Foodie

Laborie Estate | Laborie Chenin Blanc

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Ingredients & Prep

8	Free-range Chicken Wings
20ml	Spice & All Things Nice Tikka Curry Paste
200g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
3g	Fresh Curry Leaves <i>rinse & dry</i>
1 unit	Tangy Mayo
1	Onion <i>peel & roughly slice</i>
1	Fresh Chilli <i>rinse, deseed & roughly slice</i>
30ml	Mrs Balls Chutney
20g	Salad Leaves <i>rinse</i>
1	Tomato <i>½ rinse & roughly dice</i>
10g	Dried Cranberries <i>roughly chop</i>

From Your Kitchen

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

1. HURRY WITH THE CURRY Preheat the oven to 200°C. Pat the chicken wings dry with paper towel and place on a baking tray. Coat in oil, ½ of the curry paste, and seasoning. Roast in the hot oven until golden and cooked through, 20-25 minutes (shifting halfway).

2. PARBOILED PERFECTION Place the potato pieces in a pot of salted water. Bring to a boil and cook until starting to soften, 8-10 minutes. Drain and set aside.

3. CURRY OIL MAYO Place a pan over medium heat with 15ml of oil. When hot, fry the rinsed curry leaves, 1 minute - be careful, they may splatter! Remove the leaves and the oil from the pan and place in a bowl. Set aside to cool and infuse for at least 10 minutes. Once cooled, remove the leaves from the oil and drain on paper towel. Pour the infused oil (to taste) into the mayo and mix until fully combined. Add water in 5ml increments until it comes together. Set aside for serving.

4. LOADED POTATOES When the potatoes are done, return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced onion until soft, 3-4 minutes (shifting occasionally). Add the parboiled potatoes and fry until cooked through and starting to crisp, 4-5 minutes (shifting occasionally). Add the remaining curry paste and ½ the sliced chilli (to taste). Fry until fragrant, 1 minute (shifting constantly). Remove from the heat and add the chutney. Mix until fully combined and season.

5. FRESH SIDE SALAD In a bowl, combine the rinsed green leaves, the diced tomatoes, a drizzle of olive oil, and seasoning.

6. ALOO THERE, TASTY DINNER! Dish up the aloo chaat potatoes. Sprinkle over the chopped dried cranberries, the remaining chilli (to taste), and the fried curry leaves. Place the roasted chicken wings alongside and drizzle over ⅓ of the curry mayo. Side with the fresh salad and the remaining curry mayo. Get dunking, Chef!



Chef's Tip

Air fryer method: Pat the chicken wings dry with paper towel. Coat in oil, ½ of the curry paste and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	619kJ
Energy	148kcal
Protein	8g
Carbs	9g
of which sugars	4.1g
Fibre	1.9g
Fat	8.5g
of which saturated	1.8g
Sodium	74mg

Allergens

Egg, Allium, Sulphites

Eat
Within
2 Days