



UCOOK

Oven Baked Chilli-ginger Chicken Wings

with savoury rice

On a bed of leek-laced savoury rice comes crispy chicken wings that are coated in a special UCOOK tangy sauce - a perfect balance between Asian and prego sauces with a chilli & ginger kick. Sided with a sweet-salty smashed cucumber salad.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Jason Johnson

 Quick & Easy

 Sijnn Wines | Sijnn White Blend

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Ingredients & Prep

| | |
|-------|--|
| 16 | Free-range Chicken Wings |
| 20ml | Cornflour |
| 200g | Leeks |
| 20g | Fresh Ginger |
| 140ml | Tangy Sauce <i>(60ml Prego Sauce, 60ml Asian BBQ Sauce & 20ml Rice Wine Vinegar)</i> |
| 10ml | Dried Chilli Flakes |
| 200ml | Jasmine Rice |
| 200g | Cucumber <i>rinsed</i> |
| 90ml | Dressing <i>(10ml Sesame Oil, 40ml Low Sodium Soy Sauce & 40ml Rice Wine Vinegar)</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. ROAST WINGS Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil, the cornflour, and seasoning. Pop in the oven and roast until cooked through and starting to crisp, 20-25 minutes (shifting halfway).

2. SOME PREP Trim, halve, and thoroughly rinse the leeks. Roughly slice them. Peel and grate the ginger. In a small bowl, combine the tangy sauce, ½ the dried chilli flakes, and the grated ginger.

3. STEAMED SAVOURY RICE Rinse the rice. Place a pot over medium-high heat with a drizzle of oil. When hot, add the sliced leeks and fry until golden, 3-4 minutes (shifting occasionally). Add the rinsed rice and 400ml of salted water. Cover with a lid and bring to the boil. Reduce the heat and simmer until the water has been absorbed, 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

4. SMASHED CUCUMBER SALAD Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and salt lightly. In a bowl, combine the dressing with 2 tbsp of sweetener. Mix until fully combined. Add the cucumber pieces, the remaining chilli flakes, and toss until fully coated. Set aside to marinate until serving.

5. ADD THE SAUCY TO WINGS Place a pan or wok over medium heat. Pour in the tangy sauce mixture. Once the sauce starts to heat up, add the crispy wings, and a splash of water. Simmer until the wings are coated, 1-2 minutes. Remove from the heat.

6. DINNER IS READY Make a bed of the savoury rice, top with the saucy wings and all the pan juices. Serve alongside the smashed cucumber salad. Enjoy, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, the cornflour and season. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 601kJ |
| Energy | 144kcal |
| Protein | 6.2g |
| Carbs | 19g |
| of which sugars | 4.7g |
| Fibre | 0.9g |
| Fat | 4.5g |
| of which saturated | 1.1g |
| Sodium | 248mg |

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days