



WCOOK

Basil Pesto Chicken Wings

with fresh herbs & bulgur wheat

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	750kJ	4898kJ
Energy	180kcal	1172kcal
Protein	11.9g	77.8g
Carbs	9g	61g
of which sugars	1.4g	9g
Fibre	1.8g	11.5g
Fat	10.7g	70.1g
of which saturated	3.5g	22.7g
Sodium	100mg	651mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
24	32	Free-range Chicken Wings
225ml	300ml	Bulgur Wheat
90ml	125ml	Crème Fraîche
125ml	160ml	Pesto Princess Basil Pesto
16g	20g	Mixed Herbs <i>(8g [10g] Fresh Mint & 8g [10g] Fresh Parsley)</i>
150g	200g	Cucumber <i>rinse & roughly dice</i>
45ml	60ml	Lemon Juice
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
2	2	Tomatoes <i>rinse & roughly dice</i>
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. CRISPY CHICKEN WINGS Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil and seasoning. Pop in the oven and roast until cooked through and starting to crisp, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

2. FLUFFY BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

3. PRESTO, IT'S PESTO! In a small bowl, combine the crème fraîche with ½ the pesto and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

4. LOAD WITH FRESH FLAVOUR Rinse, pick and finely chop the mixed herbs. When the bulgur is done, toss through the cucumber, the lemon juice (to taste), the spring onion whites (to taste), the tomato, the herbs, the feta and seasoning. Set aside.

5. BRING ON THE BASIL When the wings are done, toss with the remaining basil pesto until well coated. Reserve any roasting juices left in the tray for serving.

6. FRESH & FLAVOURFUL Plate up the herby loaded bulgur wheat and serve the pesto-tossed wings alongside, drizzling with any pesto or roasting juices from the tray. Dollop over the pesto crème and garnish with the spring onion greens (to taste).