



# UCOOK

## Sticky Apricot Chicken Wings

with coriander & sesame seed baby potatoes

The crispiest chicken wings are basted in a sticky soy sauce & apricot glaze. They are served alongside boiled baby potatoes coated in black sesame seeds. A pea salad is the final flourish for this incredibly quick & tasty dish!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Ella Nasser

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 Quick & Easy

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 Simonsig | Gewürztraminer

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## Ingredients & Prep

8	Free-range Chicken Wings
50ml	Sticky Marinade <i>(20ml Apricot Jam &amp; 30ml Low Sodium Soy Sauce)</i>
1	Garlic Clove <i>peeled &amp; grated</i>
10ml	NOMU Oriental Rub
1	Avocado
15ml	Lemon Juice
250g	Baby Potatoes <i>cut in half</i>
4g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>
5ml	Black Sesame Seeds
50g	Peas
20g	Green Leaves <i>rinsed</i>

## From Your Kitchen

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

**1. MARINATE & PREP** Pat the chicken wings dry with paper towel. In a bowl, combine the sticky marinade, the grated garlic, the NOMU rub, and a splash of water. Halve the avocado and set aside the half containing the pip for another meal. Scoop out the avocado flesh and roughly dice. Place in a salad bowl and squeeze over some lemon juice.

**2. TASTY 'TATOES** Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and add ½ the chopped coriander, ½ the sesame seeds, a drizzle of olive oil or knob of butter, and seasoning. Pop on the lid, and shake the pot until the potatoes are coated in the butter or oil.

**3. BEANS & GREENS** Boil the kettle. Submerge the peas in salted boiling water until plumped up, 3-4 minutes. Drain and place in the bowl with the avo. Just before serving, add the rinsed green leaves, a drizzle of olive oil, and seasoning. Toss until combined.

**4. WING IT** Place a pan over medium heat with a drizzle of oil. When hot, add the chicken wings (reserving the excess marinade in the bowl) and fry until cooked through and crisping up, 6-8 minutes (shifting occasionally). In the final 2-4 minutes, baste the wings with the reserved sticky apricot sauce.

**5. 'NCA!** Plate up the baby potatoes. Side with the pea & avo salad and the sticky apricot wings. Sprinkle over the remaining coriander & sesame seeds. Wonderful work, Chef!

## Nutritional Information

Per 100g

Energy	580kj
Energy	139kcal
Protein	8g
Carbs	10g
of which sugars	2.6g
Fibre	2.2g
Fat	7.3g
of which saturated	1.6g
Sodium	226mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 3  
Days