



UCOOK

Sriracha Chicken Wings & Carrot Fries

with a cabbage slaw

Who can resist chicken wings dunked into deliciousness, Chef? A sriracha coating covers crispy chicken wings, spiced with NOMU One For All Rub. Sided with oven-roasted carrot wedges, and a creamy cabbage, edamame, & parsley slaw.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Hellen Mwanza

Carb Conscious

Groote Post Winery | Groote Post Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

24	Free-range Chicken Wings
15ml	NOMU One For All Rub
150ml	Sriracha Sauce
720g	Carrot <i>rinse, trim, peel & cut into wedges</i>
120g	Edamame Beans
300g	Cabbage <i>rinse & thinly shred</i>
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>
150ml	Tangy Mayo

From Your Kitchen

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

1. OM NOM NOMU WINGS Boil the kettle. Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Pop in the oven and roast until cooked through and starting to crisp, 30-35 minutes (shifting halfway). Remove from the oven and toss through the sriracha sauce.

2. CRISPY CARROTS On a separate roasting tray, spread the carrot wedges. Coat in oil, the remaining NOMU rub, and seasoning. Roast in the hot oven until golden, 20-25 minutes (shifting halfway).

3. PLUMP IT UP Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. CREAMY SLAW In a bowl, combine the shredded cabbage, the plumped edamame beans, the chopped parsley, and the mayo. Season.

5. DELISH DINNER Dish up the sriracha wings. Side with the golden carrots, and the creamy slaw. Enjoy, Chef!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Lightly coat with the oil, ½ the NOMU rub, and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	582kj
Energy	139kcal
Protein	7.6g
Carbs	6g
of which sugars	3.4g
Fibre	1.7g
Fat	9.3g
of which saturated	1.8g
Sodium	206mg

Allergens

Egg, Allium, Sulphites, Soy

Eat
Within
2 Days