



UCOOK

Thai Fusion Wings

with pumpkin chunks & a Thai green Kewpie mayo

Thai sauce-marinated crispy chicken wings are served with a fiery fusion dipping sauce. A side of roasted pumpkin chunks and a punchy pickled cucumber & pak choi salad enhance this flavour-packed dish! Sprinkles of black sesame seeds finish it off. These wings are finger-licking fantastic!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Alex Levett

 Carb Conscious

 Boschendal | Rache'sfontein Chenin Blanc

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Ingredients & Prep

12	Free-range Chicken Wings
97,5ml	Thai Marinade <i>(22,5ml Fish Sauce, 15ml Sesame Oil & 60ml Tamari Sauce)</i>
300g	Pumpkin Chunks <i>cut into bite-sized chunks</i>
45ml	Rice Wine Vinegar
300g	Cucumber <i>finely sliced into matchsticks</i>
15ml	NOMU Oriental Rub
15ml	Thai Green Curry Paste
85ml	Kewpie Mayo
300g	Pak Choi <i>trimmed at the base</i>
15ml	Black Sesame Seeds

From Your Kitchen

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

1. THAI WINGS & PUMPKIN CHUNKS Preheat the oven to 200°C. Pat the chicken wings dry with a paper towel. Place the Thai marinade in a bowl with 30ml of oil and some pepper. Whisk to combine until thickened, add the chicken wings, and toss to coat. Set aside to marinate for 10 minutes. Spread out the pumpkin chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. ROAST & PICKLE When the wings have finished marinating, place them on another roasting tray with all the marinade. Pop in the oven and roast for 30-35 minutes until crisping up and cooked through, shifting at the halfway mark. In a salad bowl, whisk together the rice wine vinegar, 30ml of water, sweetener of choice (to taste), and some seasoning. Add the cucumber matchsticks, toss to combine, and set aside.

3. FUSION DIP When the pumpkin reaches the halfway mark, toss through the Oriental rub and roast for the remaining time. Place a pan over a medium heat with a drizzle of oil. When hot, add the Thai green curry paste and fry for 1-2 minutes until fragrant. Remove from the heat and set aside to cool. Once cool, add the Thai green curry paste (to taste) to the mayo — be careful it's spicy! Season lightly.

4. THE FINALE! Separate the stems and the leaves of the pak choi. Shred the leaves and thinly slice the stems horizontally. Add the pak choi leaves and stems to the cucumber, toss to combine, and season.

5. JUST WING IT! Plate up the roasted pumpkin chunks, crispy wings, and the cucumber pak choi salad. Serve the spicy fusion mayo on the side and garnish with the black sesame seeds. Tanoshī! Enjoy.



Chef's Tip

Always add curry paste to your taste preference! Gradually add it to the mayo, tasting to test as you go!

Nutritional Information

Per 100g

Energy	569kj
Energy	136Kcal
Protein	8.8g
Carbs	3g
of which sugars	1.1g
Fibre	0.8g
Fat	7.1g
of which saturated	1.8g
Sodium	383mg

Allergens

Egg, Allium, Sesame, Sulphites, Fish, Soy, Shellfish/Seafood

Cook
within 3
Days