



# UCCOOK

## Curry-spiced Chicken Wings

**with creamy, buttery mash potato**

Is your palate prepped and ready for chicken wings with a kick? After being oven-roasted until perfection, these crispy chicken wings are coated in a tikka curry paste, chilli, garlic & coconut cream sauce. Sided with a silky smooth mash potato and roasted kale.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Azola Poswa

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Fan Faves

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Strandveld | Adamastor White Blend

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## Ingredients & Prep

8	Free-range Chicken Wings
30ml	Cornflour
200g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
50g	Kale
10ml	Spice & All Things Nice Tikka Curry Paste
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
1	Garlic Clove <i>peel &amp; grate</i>
100ml	Coconut Cream

## From Your Kitchen

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

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

**2. MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**3. KALE** Rinse and roughly shred the kale. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and fully coated. Place on a roasting tray. When the wings have 8-10 minutes remaining, pop the tray of the kale into the oven and roast until crispy for the remaining time.

**4. CURRY SAUCE** Place a pan or wok over medium heat with a drizzle of oil. When hot, fry the curry paste, the sliced chilli (to taste), and the grated garlic until fragrant, 1-2 minutes. Mix in the coconut cream and simmer until warmed through, 1-2 minutes. Remove from the heat, season, and mix through the crispy wings until coated.

**5. TIME TO EAT** Plate up the creamy, buttery mash. Side with the curried wings and the crispy kale. Well done, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	635kj
Energy	152kcal
Protein	10.4g
Carbs	9g
of which sugars	1.2g
Fibre	1.5g
Fat	8.3g
of which saturated	3.8g
Sodium	33mg

## Allergens

Allium, Sulphites

Eat  
Within  
2 Days