

UCOOK

Hot Honey Chicken Wings

**with smoked paprika potato rounds &
spicy chilli oil**

Simply put, this recipe is fire, Chef! Not just because this plate is so on-trend, but brings the heat in the best way. From the smoked paprika potato rounds, the sticky honey, vinegar, & Banhoek Chilli Oil sauce coating on the crispy chicken wings, to the feta, toasted almond & greens salad to balance all the spiciness.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Fan Faves

Doos Wine | Doos Dry Red 3L

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Ingredients & Prep

200g	Potato
15ml	Smoked Paprika
10g	Almonds
100g	Cucumber <i>rinse & roughly dice</i>
40ml	White Wine Vinegar
8	Free-range Chicken Wings
80ml	Flour Mix <i>(40ml Cornflour & 40ml Cake Flour)</i>
5ml	NOMU One For All Rub
50ml	Sweet Vinegar <i>(40ml Honey & 10ml Apple Cider Vinegar)</i>
1 sachet	Banhoek Chilli Oil
20g	Green Leaves <i>rinse</i>
40g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the potato rounds on a roasting tray. Coat in oil, 5ml of the smoked paprika, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. TOASTY Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Place the diced cucumber into a bowl with the white wine vinegar, and seasoning. Cover with cold water until submerged and set aside.

3. FIRST THE EGG, THEN THE FLOUR Pat the chicken wings dry with paper towel. Prepare a shallow dish with 1 egg and a splash of water. Mix until combined. Prepare a second shallow dish with the flour mix & the NOMU rub (seasoned lightly). Coat the chicken wings in the egg first, and then the flour mix.

4. SPREAD YOUR WINGS & FRY Return the pan to medium-high heat with enough oil to cover the base. When hot, add the coated chicken wings and fry until crispy and cooked through, 6-8 minutes (flipping halfway). Drain on paper towel and place in a bowl.

5. SWEET-HOT OIL Return the pan (wiped down) to medium-high heat. Add the sweet vinegar, the remaining smoked paprika, and the chilli oil (to taste). Simmer until thickening, 1-2 minutes. Loosen with 1 tbsp of water. Remove from the heat and add to the bowl of chicken wings. Toss to coat and set aside.

6. FRESHNESS Drain the pickled cucumbers from the pickling liquid and place into a salad bowl. Toss with the rinsed leaves, ½ the toasted nuts, the drained feta, a drizzle of olive oil and seasoning. Set aside.

7. TIME TO EAT!! Serve up the golden smoked paprika potatoes and side with the crisp, sticky hot honey wings. Pile the fresh salad alongside and garnish with the remaining nuts.



Chef's Tip

Air fryer method: Coat the potato rounds in oil, the smoked paprika, and seasoning. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	676kJ
Energy	162kcal
Protein	9.7g
Carbs	15g
of which sugars	6.2g
Fibre	1.6g
Fat	7g
of which saturated	2.2g
Sodium	93mg

Allergens

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

Eat
Within
3 Days