



UCOOK

Crispy Hot Wings at Matloha's

with golden roast baby potatoes, creamy slaw & fresh chives

In just a few easy steps, you'll have your new favourite comfort food. Infused with herbs and spices, these chicken wings are dusted with flour and deep fried for mouthwatering crunch – you'll need lots of oil! Basted with sriracha and served with creamy slaw on a bed of fresh lettuce and roast potatoes.


Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Liziwe Matloha

 Easy Peasy

 Lanzerac Estate | Keldermeester Versameling Bergstroom

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Ingredients & Prep

4	Free-range Chicken Wings
7,5ml	Chicken Spice <i>(5ml NOMU Poultry Rub & 2,5ml Ground Cumin)</i>
2,5ml	Cayenne Pepper
250g	Baby Potatoes <i>rinsed & halved</i>
100g	Shredded Cabbage & Julienne Carrot
45ml	Creamy Mayo <i>(15ml Plain Yoghurt & 30ml That Mayo – Garlic)</i>
3g	Fresh Chives <i>rinsed & roughly chopped</i>
30ml	Cake Flour
20g	Green Leaves <i>rinsed</i>
15ml	Sriracha

From Your Kitchen

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

1. SPICE UP YOUR NIGHT! Preheat the oven to 200°C. Pat the chicken wings dry with paper towel and place in a bowl. Add in the spice mix, the cayenne pepper, and some seasoning – all to taste. Toss to coat and set aside to infuse for at least 30 minutes.

2. IN THE MEANTIME... Place the halved baby potatoes on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway.

3. TOSS THE CREAMY SLAW In a bowl, combine the cabbage and carrot with the creamy mayo and ½ of the chopped chives. Toss through some seasoning to taste and pop in the fridge until serving.

4. CRISP UP THAT CHICKEN When the potatoes have 10 minutes remaining, place a pot over a high heat and pour in enough oil to fully submerge the wings. Place the flour in a bowl and lightly season. Coat the wings in flour one at a time, dusting off any excess on completion. Be careful throughout this step that you don't burn yourself! When the oil is hot, fry the wings for 7-10 minutes until cooked through and crispy, flipping at the halfway mark. Remove on completion and allow to drain on some paper towel.

5. HOT WINGS, MATLOHA-STYLE Plate up the golden baby potatoes and side with the spicy, deep fried chicken wings. On the side, make a bed of rinsed green leaves and pile on the creamy slaw. Brush the wings with the sriracha (to taste) and garnish it all with the remaining chives. Get stuck in, Chef!

Chef's Tip

The longer you infuse the chicken, the better! So, if time is on your side, complete step 1 an hour or two before you plan to start cooking. You can even leave it in the fridge to infuse overnight!

Nutritional Information

Per 100g

Energy	601kJ
Energy	144Kcal
Protein	8.4g
Carbs	11g
of which sugars	1.8g
Fibre	1.3g
Fat	6.7g
of which saturated	1.9g
Sodium	132mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days