



UCCOOK

Classic Hot Chicken Wings

with a yoghurt sauce & a celery salad

Expect easy steps, loads of flavour & very happy diners at the dinner table. A paprika-chilli & honey sauce coats juicy chicken wings, sided with a must-have mustard-spiced yoghurt sauce for dunking. A celery, apple & sunflower seed salad completes your new favourite meal!

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Alvi's Drift | Signature Viognier

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Ingredients & Prep

187,5ml	Yoghurt Sauce <i>(180ml Low Fat Plain Yoghurt & 7,5ml Wholegrain Mustard)</i>
30ml	NOMU One For All Rub
30g	Sunflower Seeds
165ml	Chicken Sauce <i>(90ml Colleen's Handmade Smoked Paprika Chilli Sauce, 45ml Worcestershire Sauce & 30ml Honey)</i>
12	Free-range Chicken Wings
240ml	Flour Mix <i>(120ml Cornflour & 120ml Cake Flour)</i>
3	Celery Stalks <i>rinsed & roughly chopped</i>
2	Apples <i>1½ thinly sliced</i>
60g	Salad Leaves <i>rinsed & roughly shredded</i>
22,5ml	Red Wine Vinegar

From Your Kitchen

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

1. LET'S DO SOME PREP In a bowl, combine the yoghurt sauce and ½ the NOMU rub. Set aside. Place the sunflower seeds in a deep pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside. Place the chicken sauce in a bowl, large enough for the chicken.

2. COATED IN DELICIOUSNESS Pat the chicken wings dry with paper towel. Prepare a shallow dish with 2 eggs and a splash of water. Mix until combined. Prepare a second shallow dish with the flour mix & the remaining NOMU rub (seasoned lightly). Coat the chicken wings in the egg first, and then the flour mix.

3. SPREAD YOUR WINGS & FRY Return the pan to a medium-high heat with enough oil to cover the base. When hot, add the coated chicken wings and fry for 6-8 minutes or until crispy and cooked through, flipping halfway. You may need to do this step in batches. Drain on paper towel. When all the chicken is done, add to the bowl with the chicken sauce and toss until coated.

4. CHOP-CHOP SALAD In a bowl, combine the chopped celery, the sliced apple, the shredded leaves, the toasted seeds, the vinegar, a drizzle of olive oil, 15ml of a sweetener of choice, and seasoning.

5. FINGER LICKIN' GREAT! Plate up the hot chicken wings. Side with the celery salad. Serve with the yoghurt sauce for dunking. Time to dine, Chef!



Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	594kJ
Energy	142kcal
Protein	10.3g
Carbs	13g
of which sugars	4.7g
Fibre	1.2g
Fat	7.6g
of which saturated	1.9g
Sodium	155mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Sugar Alcohol (Xylitol)

Cook
within 3
Days