



# UCOOK

## Chicken Wings & Baby Marrow Medley

with piquanté peppers

These chicken wings will make your palate soar to new heights, Chef! A bed of crunchy greens, loaded with oven-roasted baby marrows, carrot ribbons, & piquanté peppers and tossed with a zesty-sweet dressing, is topped with NOMU Oriental-spiced chicken wings. Garnished with a mayo drizzle.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Carb Conscious

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Bertha Wines | Bertha Rosé 2023

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## Ingredients & Prep

24	Free-range Chicken Wings
22,5ml	NOMU Oriental Rub
600g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>
125ml	Mayo
60ml	Lemon Juice
360g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
60g	Piquanté Peppers <i>drain</i>
60g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Pop in the oven and roast until cooked through and starting to crisp, 25-30 minutes (shifting halfway).

**2. BABY MARROW** Coat the baby marrow pieces in oil and season. When the wings have 10-15 minutes to go, place the baby marrow pieces on a roasting tray and roast for the remaining time until lightly golden and cooked through.

**3. SALAD** In a small bowl, combine the mayo with a ¼ of the lemon juice and season. Loosen with water in 5ml increments until drizzling consistency. In a salad bowl, combine the remaining lemon juice with a drizzle of olive oil, and a sweetener (to taste). Add the carrot ribbons, the roasted baby marrow, the shredded leaves, and the drained peppers. Toss to combine and season.

**4. DINNER IS READY** Plate up the loaded salad, and side with the wings. Drizzle over the tangy mayo.



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil, the NOMU rub, and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	512kJ
Energy	123kcal
Protein	9.1g
Carbs	4g
of which sugars	3.2g
Fibre	1g
Fat	8g
of which saturated	1.6g
Sodium	87mg

## Allergens

Allium, Sesame, Sulphites

Eat  
Within  
2 Days