



Eat Within 3 Days

UCCOOK

Kimchi Ranch Dressing & Chicken Wings

with cheddar cheese cornbread

Hands-on Time: 50 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	997kJ	6449kJ
Energy	239kcal	1543kcal
Protein	12.2g	78.6g
Carbs	17g	111g
of which sugars	6.5g	41.9g
Fibre	0.7g	4.7g
Fat	10.2g	66.2g
of which saturated	3.7g	23.8g
Sodium	237mg	1532mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
180g	240g	Tinned Sweetcorn
270ml	360ml	Cornbread Flour (90ml [120ml] Polenta & 180ml [240ml] Self-raising Flour)
90g	120g	Grated Cheddar Cheese
60ml	80ml	Sugar
60g	60g	Kimchi <i>drain & finely chop</i>
180ml	250ml	Creamy Mayo (90ml [125ml] Crème Fraîche & 90ml [125ml] Kewpie Mayo)
2	2	Spring Onions <i>rinse, trim & finely slice</i>
24	32	Free-range Chicken Wings
120ml	160ml	BBQ Flour (90ml [120ml] Rice Flour & 30ml [40ml] NOMU BBQ Rub)
150ml	200ml	The Sauce Queen Smokey BBQ Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Milk (optional)
Egg/s
Butter
Seasoning (salt & pepper)

1. CORNBREAD Preheat the oven to 200°C. Place a loaf tin or a small baking dish in the oven to heat up. Heat 60g [80g] of butter in the microwave or in a pot over the stove until melted. In a bowl, combine the sweetcorn, the melted butter, 2 eggs, and 90ml [120ml] of milk or water. Mix until combined. Add the cornbread flour, the cheese, the sugar (don't add all the sugar if you'd prefer a more savoury cornbread), and seasoning.

2. BAKE Carefully remove the loaf tin or baking dish from the oven and add a drizzle of oil. Swish the oil around to make sure the base is fully greased. Pour in the batter and spread out evenly. Return to the hot oven and bake until golden and a skewer comes out clean, 30-35 minutes. Remove from the oven and cool for 5-10 minutes before turning it out. Run a knife around the edge to help turn out the cornbread. Cut into pieces as desired.

3. KIMCHI RANCH DRESSING In a bowl, combine the kimchi, the creamy mayo, and the spring onions (to taste). Set aside in the fridge.

4. WINGS PREP Pat the chicken wings dry with paper towel. Place the wings in a bowl, add the BBQ flour, seasoning, and toss to coat.

5. CRISPY CHICKEN Place a pan over medium-high heat with enough oil to cover the base. When hot, add the coated chicken wings and fry until crispy and cooked through, 8-10 minutes (flipping halfway). You may need to do this step in batches. Drain on paper towel and place in a bowl. Add the BBQ sauce and toss to coat.

6. DINNER IS READY Dish up the cornbread, side with the BBQ wings, and serve the ranch dressing on the side for dunking! Good job, Chef!