



UCOOK

Sticky Apricot Chicken Wings

with coriander & sesame seed baby potatoes

The crispiest chicken wings are basted in a sticky soy sauce & apricot glaze. They are served alongside boiled baby potatoes coated in black sesame seeds. A pea salad is the final flourish for this incredibly quick & tasty dish!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Ella Nasser

 Quick & Easy

 Simonsig | Gewürztraminer

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Ingredients & Prep

16	Free-range Chicken Wings
100ml	Sticky Marinade <i>(40ml Apricot Jam & 60ml Low Sodium Soy Sauce)</i>
1	Garlic Clove <i>peeled & grated</i>
20ml	NOMU Oriental Rub
1	Avocado
30ml	Lemon Juice
500g	Baby Potatoes <i>cut in half</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
10ml	Black Sesame Seeds
100g	Peas
40g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. MARINATE & PREP Pat the chicken wings dry with paper towel. In a bowl, combine the sticky marinade, the grated garlic, the NOMU rub, and a splash of water. Halve the avocado and remove the pip. Scoop out the avocado flesh and roughly dice. Place in a salad bowl and squeeze over some lemon juice.

2. TASTY 'TATOES Place the halved baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and add ½ the chopped coriander, ½ the sesame seeds, a drizzle of olive oil or knob of butter, and seasoning. Pop on the lid, and shake the pot until the potatoes are coated in the butter or oil.

3. BEANS & GREENS Boil the kettle. Submerge the peas in salted boiling water until plumped up, 3-4 minutes. Drain and place in the bowl with the avo. Just before serving, add the rinsed green leaves, a drizzle of olive oil, and seasoning. Toss until combined.

4. WING IT Place a pan over medium heat with a drizzle of oil. When hot, add the chicken wings (reserving the excess marinade in the bowl) and fry until cooked through and crisping up, 6-8 minutes (shifting occasionally). In the final 2-4 minutes, baste the wings with the reserved sticky apricot sauce.

5. 'NCA! Plate up the baby potatoes. Side with the pea & avo salad and the sticky apricot wings. Sprinkle over the remaining coriander & sesame seeds. Wonderful work, Chef!

Nutritional Information

Per 100g

Energy	580kj
Energy	139kcal
Protein	8g
Carbs	10g
of which sugars	2.6g
Fibre	2.2g
Fat	7.3g
of which saturated	1.6g
Sodium	226mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days