



# UCOOK

## One-Tray Wonder Chicken Wings

with sour cream & crispy onion

Enjoy this quick, easy, and delicious dinner as easy as 1, 2, 3, 4! A true one-tray wonder with tender roasted wings and sweet carrot wedges. Served alongside a bright fresh salad and dollops of sour cream for some tang!

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**Hands-on Time:** 10 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Quick & Easy

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 Leopard's Leap | Chenin Blanc

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## Ingredients & Prep

4	Free-range Chicken Wings
1	Red Onion <i>½ peeled &amp; cut into thin wedges</i>
240g	Carrot <i>rinsed, trimmed &amp; cut into wedges</i>
10ml	NOMU Mexican Spice Blend
20g	Green Leaves
20g	Radish
4g	Fresh Chives
45ml	Sour Cream
15g	Walnuts
25g	Italian-style Hard Cheese <i>peeled into ribbons</i>
15ml	Crispy Onions

## From Your Kitchen

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

**1. DON'T BE TRAY ME** Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray along with the onion and carrot wedges. Coat in oil, the spice blend (to taste), and seasoning. Pop in the hot oven and roast for 20-25 minutes until cooked through and starting to crisp, shifting halfway.

**2. PREP STEP** While the wings and veg are roasting, rinse the green leaves, the radish, and the chives. Roughly chop the chives. Cut the radish into quarters or thinly slice. Set aside. In a bowl, combine the sour cream, seasoning, a splash of water, and ½ the chopped chives.

**3. BE-LEAF ME, IT'S GOOD** Just before serving, combine the rinsed green leaves, the walnuts, the cheese ribbons, the sliced or quartered radish, a drizzle of oil, and seasoning.

**4. DINNER IS SERVED!** Plate up the roasted wings and the veg. Dollop over the sour cream and sprinkle over the crispy onion bits and the remaining chives. Serve with the fresh salad. Easy peasy, Chef!

## Nutritional Information

Per 100g

Energy	595kJ
Energy	142kcal
Protein	8.9g
Carbs	6g
of which sugars	2.5g
Fibre	1.7g
Fat	8.9g
of which saturated	2.7g
Sodium	139mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Tree Nuts

Cook  
within 3  
Days