



Eat Within 3 Days

UCCOOK

Tamarind Chicken Wings & Coconut Quinoa

with carrot, cashew nuts, & sesame seeds

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	616kj	5347kj
Energy	147kcal	1279kcal
Protein	9g	78.3g
Carbs	12g	102g
of which sugars	3.2g	28.1g
Fibre	1.7g	14.7g
Fat	7.1g	62.1g
of which saturated	2.6g	22.8g
Sodium	85mg	738mg

Allergens: Sulphites, Sesame, Tree Nuts, Sugar Alcohol (Sweetener), Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
8	16	Free-range Chicken Wings
50ml	100ml	Tamarind Glaze <i>(20ml [40ml] The Sauce Queen Smokey BBQ Sauce & 30ml [60ml] Colleen's Handmade Tamarind Chilli Sauce)</i>
1	1	Onion <i>peel & roughly slice</i>
120g	240g	Carrot <i>rinse, trim & cut into bite-sized pieces</i>
10ml	20ml	NOMU Poultry Rub
75ml	150ml	Quinoa <i>rinse</i>
100ml	200ml	Coconut Milk
40g	80g	Corn
20g	40g	Spinach <i>rinse</i>
10ml	20ml	Lemon Juice
10g	20g	Cashew Nuts <i>roughly chop</i>
5ml	10ml	Black Sesame Seeds

From Your Kitchen

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

1. TASTY TAMARIND CHICKEN Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil and seasoning. Pop in the oven and roast until cooked through and starting to crisp, 20-25 minutes (shifting halfway). In the final 3-5 minutes, glaze with the tamarind glaze. Alternatively, air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

2. NOMU-SPICED VEGGIES Place a pot over medium heat with a drizzle of oil. When hot, fry the onion, and the carrot until turning golden, 5-6 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes.

3. COCONUT QUINOA Add the quinoa, the coconut milk, and a pinch of salt to the pot. Mix in 80ml [160ml] of water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 20-25 minutes. Remove from the heat, mix in the spinach, the corn, and the lemon juice. Set aside to steam, about 5 minutes.

4. GOLDEN CRUNCH While the quinoa is on the go, place the nuts in a pan over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan.

5. DELICIOUSNESS ON A PLATE Make a bed of the quinoa, top with the chicken wings and any pan juices. Sprinkle over the sesame seeds and scatter over the nuts. Enjoy, Chef!

Chef's Tip For even crispier skin, toss the wings in salt, pepper, and a pinch of baking powder.