Eat Within 2 Days

UCOOK

Chicken Wings & Aloo Chaat

with green leaves & dried cranberries

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	545kJ	4977kJ
Energy	130kcal	1191kcal
Protein	8g	73.2g
Carbs	10g	92g
of which sugars	4.1g	37.2g
Fibre	1.9g	17.1g
Fat	6.3g	57.5g
of which saturated	1.4g	12.6g
Sodium	73mg	664mg

Allergens: Sulphites, Soya, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
24	32	Free-range Chicken Wings
60ml	80ml	Spice & All Things Nice Tikka Curry Paste
600g	800g	Potato *rinse, peel (optional) & cut into bite-sized pieces*
8g	10g	Fresh Curry Leaves *rinse & dry*
150ml	200ml	Hellmann's Tangy Mayonnaise
2	2	Onions *peel & roughly slice 1½ [2]*
2	2	Fresh Chillies *rinse, deseed & roughly slice*
90ml	125ml	Mrs Balls Chutney
60g	80g	Salad Leaves *rinse*
2	2	Tomatoes *rinse & roughly dice 1½ [2]*
30g	40g	Dried Cranberries *roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. HURRY WITH THE CURRY Preheat the oven to 200°C. Pat the chicken wings dry with paper towel and place on a roasting tray. Coat in oil, ½ of the curry paste, and seasoning. Roast in the hot oven until golden and cooked through, 25-30 minutes (shifting halfway).

2. PARBOILED PERFECTION Place the potato in a pot of salted water. Bring to a boil and cook until starting to soften, 15-20 minutes. Drain and set aside.

3. CURRY OIL MAYO Place a pan over medium heat with 45ml [60ml] of oil. When hot, fry the curry leaves, 1 minute - be careful, they may splatter! Remove the leaves and the oil from the pan and place in a bowl. Set aside to cool and infuse for at least 10 minutes. Once cooled, remove the leaves from the oil and drain on paper towel. Pour the infused oil (to taste) into the mayo and mix until fully combined. Add water in 5ml increments until it comes together. Set aside for serving.

4. LOADED POTATOES When the potatoes are done, return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 4-5 minutes (shifting occasionally). Add the parboiled potatoes and fry until cooked through and starting to crisp, 5-6 minutes (shifting occasionally). Add the remaining curry paste and ½ the chilli (to taste). Fry until fragrant, 1 minute (shifting constantly). Remove from the heat and add the chutney. Mix until fully combined and season.

5. FRESH SIDE SALAD In a bowl, combine the green leaves, the tomatoes, a drizzle of olive oil, and seasoning.

6. ALOO THERE, TASTY DINNER! Dish up the aloo chaat potatoes. Sprinkle over the cranberries, the remaining chilli (to taste), and the fried curry leaves. Place the roasted chicken wings alongside and drizzle over ⅓ of the curry mayo. Side with the fresh salad and the remaining curry mayo. Get dunking, Chef!