



UCCOOK

Romesco Chicken Wings

with potato wedges & a kale and cranberry salad

Baked chicken wings marinated in a homemade romesco sauce of pickled peppers, sun-dried tomatoes, almonds, paprika and olive oil. Served with crispy potato wedges, a kale and cranberry salad, and a romesco yoghurt for dunking. Grubs up!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 No paired wines

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Potato <i>rinsed & cut into wedges</i>
10ml	NOMU Spanish Rub
50g	Pickled Bell Peppers <i>drained</i>
20g	Sun-dried Tomatoes <i>drained</i>
1	Garlic Clove <i>peeled & grated</i>
2,5ml	Paprika
15g	Flaked Almonds
15ml	Red Wine Vinegar
4	Free-range Chicken Wings
50g	Kale <i>rinsed & thinly shredded</i>
10g	Dried Cranberries
40ml	Yoghurt

From Your Kitchen

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

1. SPUDTACULAR! Preheat the oven to 200°C. Place the potato wedges on a roasting tray, coat in oil, the Spanish rub and some seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. RAVISHING ROMESCO In a blender, add the pickled peppers, the sun-dried tomatoes, the grated garlic, the paprika, ½ the almonds and ½ the red wine vinegar. Pulse until smooth. Slowly pour in olive oil until the sauce is creamy and slightly thickened. Season to taste.

3. ROASTED WINGS Pat the chicken wings dry with some paper towel. Place on a roasting tray, coat in ¾ of the romesco sauce and some seasoning. Pop in the hot oven and roast for 20-25 minutes until crisping up and cooked through, shifting halfway.

4. ROASTY TOASTY Place the remaining almonds in a pan over a medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and roughly chop.

5. MIX IT UP! Place the shredded kale in a bowl with a drizzle of oil, the remaining red wine vinegar and some seasoning. Using your hands, massage until softened and coated. Add the dried cranberries and the chopped, toasted almonds and toss to combine. In a small bowl, swirl the remaining romesco sauce (to taste) with the yoghurt.

6. DIG IN! Plate up the juicy romesco chicken wings and side with the spiced wedges. Serve with the kale salad and the romesco yoghurt for dunking. Well done, Chef!



Chef's Tip

If you don't have a blender, finely chop the peppers and tomatoes, and mix with the remaining romesco ingredients and the yoghurt. This can be used as the marinade and the dipping sauce!

Nutritional Information

Per 100g

Energy	563kj
Energy	135Kcal
Protein	8.1g
Carbs	11g
of which sugars	3.2g
Fibre	2.4g
Fat	6.4g
of which saturated	1.4g
Sodium	227mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 3
Days