



# WCOOK

## Korean Fried Chicken Wings

with a beetroot & carrot slaw

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Suné van Zyl

**Wine Pairing:** Painted Wolf Wines | The Den Chenin Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 681kJ    | 5692kJ      |
| Energy             | 163kcal  | 1362kcal    |
| Protein            | 8.7g     | 72.6g       |
| Carbs              | 12g      | 100g        |
| of which sugars    | 3.1g     | 25.6g       |
| Fibre              | 1.3g     | 10.9g       |
| Fat                | 8.6g     | 71.9g       |
| of which saturated | 1.4g     | 11.6g       |
| Sodium             | 133mg    | 1114mg      |

**Allergens:** Egg, Gluten, Sesame, Wheat, Sulphites, Soy, Sugar Alcohol (Sweetener)

**Spice Level:** Hot

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

|       |       |                                                                                                                                                                                              |
|-------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 150ml | 200ml | Rice Wine Vinegar                                                                                                                                                                            |
| 150g  | 150g  | Julienne Carrots                                                                                                                                                                             |
| 150g  | 150g  | Julienne Beetroot                                                                                                                                                                            |
| 600g  | 800g  | Potato<br><i>rinse &amp; cut into wedges</i>                                                                                                                                                 |
| 24    | 32    | Free-range Chicken Wings                                                                                                                                                                     |
| 240ml | 320ml | Flour Mix<br><i>(120ml [160ml] Cornflour &amp; 120ml [160ml] Cake Flour)</i>                                                                                                                 |
| 150ml | 200ml | Korean Sauce<br><i>(22,5ml [30ml] Gochujang, 45ml [60ml] Mrs Balls Chutney, 30ml [40ml] Tomato Sauce, 30ml [40ml] Low Sodium Soy Sauce, 7,5ml [10ml] Honey &amp; 15ml [20ml] Sesame Oil)</i> |
| 125ml | 160ml | Kewpie Mayo                                                                                                                                                                                  |
| 15ml  | 20ml  | Black Sesame Seeds                                                                                                                                                                           |

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Egg/s

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

1. **PICKLED SLAW** Preheat the oven to 200°C. In a small bowl, combine the vinegar with a sweetener (to taste). Toss through the beetroot and the carrot, season, and set aside in the fridge.

2. **POTATO WEDGES** Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

3. **COAT THE CHICKEN** Pat the chicken wings dry with paper towel. In a bowl, whisk 2 eggs together with 2 tbs of water. In a second bowl, add the flour mix and lightly season. Coat the chicken wings in the egg first, and then the flour mix.

4. **CRISPY CHICKEN** Place a pan over medium-high heat with enough oil to cover the base. When hot, add the coated chicken wings and fry until crispy and cooked through, 6-8 minutes (flipping halfway). You may need to do this step in batches. Drain on paper towel and place in a bowl.

5. **SAUCE** Wipe down the pan and return the pan to medium-high heat. Add the Korean sauce to the pan. Simmer until thickening, 3-4 minutes. Loosen with 2 tbs of water. Remove from the heat and add to the bowl of chicken wings. Toss to coat and set aside.

6. **SERVE UP & SAVOUR** Serve up the golden potato wedges with the mayo. Side with the crisp, sticky Korean wings and pile the beetroot and carrot slaw alongside. Sprinkle over the sesame seeds.