



# UCOOK

## Honey & Lemon Chicken Wings

with buttery potatoes & honey mustard mayo

After you get a taste of this incredible dish, you will do honey-things to make the food memory last forever, Chef! Luckily, today you won't have to use your imagination to remember the delightful crispiness of the zesty, honey-coated chicken wings, buttery baby potatoes, and a green salad. Sided with honey mustard mayo for dunking.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People

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**Chef:** Morgan Otten

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 Quick & Easy

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 Sijnn Wines | Sijnn White Blend

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## Ingredients & Prep

32	Free-range Chicken Wings
60ml	Cornflour
800g	Baby Potato
160ml	Honey
60ml	Lemon Juice
80g	Salad Leaves
1	Bell Pepper
200g	Cucumber
100ml	Honey Mustard Mayo

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Lightly coat with the cornflour, oil, and seasoning. Pop in the hot oven and roast until cooked through and starting to crisp, 25-30 minutes (shifting halfway). In the final 5 minutes, turn the oven up to grill for extra crispiness.

**2. BUTTER POTATOES** Rinse and halve the baby potatoes. Place the halved baby potatoes in a pot (with a lid) of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter and seasoning. Cover with the lid and shake the pot until the butter is melted and the potatoes are coated. Set aside.

**3. STICKY WINGS** Place a pan over medium heat with the honey, the lemon juice, and 80g of butter. When starting to foam, mix to combine and simmer until slightly reduced, 3-4 minutes. Add the crispy wings and mix until fully coated. Simmer until sticky, 2-3 minutes. Remove from the heat.

**4. FRESH SALAD** Rinse the salad leaves, the pepper, and the cucumber. Roughly shred the salad leaves and cut the cucumber into half-moons. Cut the pepper into thin strips. In a salad bowl, combine the salad leaves, the cucumber, the pepper strips, a drizzle of olive oil, and seasoning. Toss to combine.

**5. TIME TO ENJOY** Plate up the buttery potatoes. Side with the sticky wings and the salad. Serve the mayo on the side for dipping. Look at you Chef!



## Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Lightly coat with the cornflour, oil, and season. Air fry at 200°C until cooked through and crisp, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	608kj
Energy	145kcal
Protein	7.4g
Carbs	12g
of which sugars	7.1g
Fibre	0.8g
Fat	6.8g
of which saturated	1.5g
Sodium	90mg

## Allergens

Egg, Dairy, Allium, Sulphites

Cook  
within 3  
Days