



UCCOOK

BBQ Chicken Wings & Blue Cheese Dressing

with onion rings & carrot fries

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info

	Per 100g	Per Portion
Energy	522kJ	3943kJ
Energy	125kcal	943kcal
Protein	9.3g	70.4g
Carbs	7g	51g
of which sugars	2.7g	20.4g
Fibre	1.6g	12.3g
Fat	6.7g	50.2g
of which saturated	1.5g	11.4g
Sodium	130mg	979mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
24	32	Free-range Chicken Wings
45ml	60ml	NOMU BBQ Rub
360g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
300g	400g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
30g	40g	Almonds <i>roughly chop</i>
2	2	Onions <i>peel & cut 1½ [2] into rounds</i>
60ml	80ml	Cornflour
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
125ml	160ml	Blue Cheese Dressing

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. WINGS & CARROT WEDGES Preheat the oven to 220°C. Pat the chicken wings dry with paper towel. Place on a roasting tray. Coat in oil, the NOMU rub, and seasoning. On a separate tray, spread the carrots. Coat in oil and season. Roast the wings until cooked through and starting to crisp, and the carrots until golden, 30-35 minutes (shifting halfway). At the halfway mark, place the broccoli on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 20-25 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. A IS FOR ALMONDS Place the almonds in a pot, large enough for the onions, over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CRISPY ONION RINGS Return the pot to medium-high heat with 4-5 cm of oil. Toss the onion in the cornflour, and seasoning. Carefully lower the coated onions into the hot oil. Fry until golden brown, 1–2 minutes (shifting halfway). Drain on paper towel. Place in the oven to keep warm.

4. NUTTY SALAD In a bowl, combine the salad leaves, the broccoli, the nuts, a drizzle of olive oil, and seasoning.

5. GET STUCK IN Plate up the BBQ wings, the roasted carrots, the golden onion rings, and the fresh salad. Serve with the blue cheese dressing on the side for dipping. Enjoy, Chef!