



UCOOK

Korean Fried Chicken Wings

with a beetroot & carrot slaw

Wing-a-ding-ding, it's dinner time, Chef! These Korean chicken wings will make your palate soar to new culinary heights, with a crispy coating and special UCOOK Korean sauce featuring spicy gochujang. Plated with oven-roasted potato wedges, a pickled carrot & beetroot slaw and a creamy mayo dip.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Suné van Zyl

Adventurous Foodie

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

100ml	Rice Wine Vinegar
75g	Julienne Carrots
75g	Julienne Beetroot
400g	Potato <i>rinse & cut into wedges</i>
16	Free-range Chicken Wings
160ml	Flour Mix <i>(80ml Tapioca Flour & 80ml Cake Flour)</i>
100ml	Korean Sauce <i>(15ml Gochujang, 60ml Mrs Balls Chutney, 20ml Tomato Sauce, 20ml Low Sodium Soy Sauce, 5ml Honey & 10ml Sesame Oil)</i>
80ml	Kewpie Mayo
10ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Egg/s
Sugar/Sweetener/Honey

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

2. POTATO WEDGES Spread the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

3. COAT THE CHICKEN Pat the chicken wings dry with paper towel. In a bowl, whisk 1 egg together with 1 tbsp 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). 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, 1-2 minutes. Loosen with 2 tbsp 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 & carrot slaw alongside. Sprinkle over the sesame seeds.



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	684kj
Energy	164kcal
Protein	8.7g
Carbs	12g
of which sugars	3.1g
Fibre	1.3g
Fat	5.7g
of which saturated	1.4g
Sodium	105mg

Allergens

Egg, Gluten, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Eat
Within
2 Days