



# 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Suné van Zyl

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Adventurous Foodie

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

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|      |  |
|------|--|
| 50ml | Rice Wine Vinegar  |
| 75g  | Julienne Carrots   |
| 75g  | Julienne Beetroot  |
| 200g | Potato<br><i>rinse &amp; cut into wedges</i>   |
| 8    | Free-range Chicken Wings   |
| 80ml | Flour Mix<br><i>(40ml Tapioca Flour &amp; 40ml Cake Flour)</i>   |
| 50ml | Korean Sauce<br><i>(7,5ml Gochujang, 15ml Mrs Balls Chutney, 10ml Tomato Sauce, 10ml Low Sodium Soy Sauce, 2,5ml Honey &amp; 5ml Sesame Oil)</i> |
| 40ml | Kewpie Mayo  |
| 5ml  | Black Sesame Seeds   |

## From Your Kitchen

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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 1 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

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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   |

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## Allergens

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

Eat  
Within  
2 Days