



UCOOK

Garlic & Italian-style Cheese Wings

with sun-dried tomatoes, capers &
Kalamata olives


Roasted baby potatoes are covered with sweet-tart sun-dried tomatoes, salty capers, & briny olives. These perfectly complement the addictive cheese & garlic chicken wings, coated in a special seasoning, and sided with a chive-laced sour cream for dunking. Now spread your wings and fry, Chef!

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

250g	Baby Potatoes <i>halved</i>
1	Red Onion <i>½ peeled & cut into wedges</i>
1	Green Bell Pepper <i>½ rinsed, deseeded & cut into strips</i>
50ml	Sour Cream
5g	Fresh Chives <i>rinsed & finely chopped</i>
8	Free-range Chicken Wings
50ml	Cake Flour
50ml	Chicken Seasoning <i>(20ml Garlic Powder, 25ml Grated Italian-style Hard Cheese & 5ml Smoked Paprika)</i>
25g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
10g	Capers <i>drained & roughly chopped</i>
20g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. INTO THE OVEN Preheat the oven to 200°C. Spread out the halved baby potatoes and the onion wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until browned and cooked through, 25-30 minutes (shifting halfway). Place the pepper strips in a bowl. Coat in oil and seasoning. Set aside.

2. FOR THE DUNKING In a small bowl, combine the sour cream, ½ the chopped chives, and seasoning. Loosen with a splash of water. Set aside.

3. ROAST THE PEPPERS When the potatoes & onion have been roasting for 10 minutes, scatter the dressed pepper strips over the tray and roast for the remaining time.

4. CRISP UP THE CHICKEN Pat the chicken wings dry with paper towel. Place in a bowl with the flour and seasoning. Toss until coated. Place a pot over high heat and fill with enough oil to fully submerge the chicken. When hot, dust off any excess flour from the chicken wings and carefully lower into the hot oil. Deep-fry until cooked through and crisp, 10-12 minutes (flipping halfway). Drain between sheets of paper towel in a single layer. Once drained, place in a bowl. Add the chicken seasoning and toss until coated. Set aside.

5. ADD POPS OF FLAVOUR When the roast has 5 minutes remaining, scatter the chopped sun-dried tomatoes, the chopped capers, and the chopped olives over the tray. Roast for the remaining time.

6. WONDERFUL WINGS! Make a bed of rinsed green leaves. Top with the loaded potatoes. Side with the cheese & garlic wings and the chive-laced sour cream for dunking. Garnish with the remaining chives and there you have it!



Chef's Tip

Air fryer method: Coat the baby potatoes and onion wedges in oil and season. Air fry at 200°C until cooked through and crispy, 25-30 minutes.

Nutritional Information

Per 100g

Energy	540kj
Energy	129kcal
Protein	7.6g
Carbs	10g
of which sugars	2.1g
Fibre	1.4g
Fat	6.1g
of which saturated	1.9g
Sodium	100mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days