



UCCOOK

Louisiana Chicken Wings

with mini potato wedges & paprika pineapple rings

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Painted Wolf Wines | The Den Cabernet Sauvignon

Nutritional Info

	Per 100g	Per Portion
Energy	584kJ	4611kJ
Energy	140kcal	1103kcal
Protein	9.2g	72.8g
Carbs	9g	69g
of which sugars	3.8g	29.8g
Fibre	0.9g	7.4g
Fat	7.6g	60g
of which saturated	1.6g	12.9g
Sodium	178mg	1407mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
8	16	Free-range Chicken Wings
15ml	30ml	NOMU Cajun Rub
1	1	Garlic Clove <i>peel & grate</i>
50ml	100ml	Greek Yoghurt
200g	400g	Baby Potatoes <i>rinse & cut into wedges</i>
100g	200g	Pineapple Rings <i>drain</i>
5ml	10ml	Smoked Paprika
50g	100g	Cucumber <i>rinse & roughly dice</i>
20g	40g	Pickled Onions <i>drain & roughly dice</i>
40ml	80ml	Mayo
3g	5g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. SOME PREP Preheat the oven to 200°C. Pat the chicken wings dry with paper towel. In a bowl, combine the chicken wings, NOMU rub, garlic, yoghurt, a drizzle of oil, and season. Toss to combine and set aside. Spread the baby potatoes on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. LOUISIANA ROAST Place the wings on a roasting tray and pop in the oven. Roast until cooked through and starting to crisp and lightly charred, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

3. PAPRIKA PINEAPPLE Place a pan over medium heat with a drizzle of oil and a knob of butter. Coat the pineapple rings with paprika. When hot, fry the pineapple until lightly charred, 30-60 seconds per side, and remove from the pan.

4. JUST BEFORE SERVING In a bowl, combine the cucumber, pickled onion, a drizzle of olive oil, and seasoning.

5. TIME TO EAT Dish up the mini wedges, top with dollops of mayo, and side with the chicken wings, cucumber mixture, and paprika pineapple rings. Garnish with a sprinkle of the chives. Dig in, Chef!

Chef's Tip For the juiciest, most flavourful wings, marinate the chicken in the yoghurt mixture overnight in the fridge. The yoghurt tenderises the meat beautifully.