



UCOOK

Roasted Chicken Wings & Potato Salad

with fresh cucumber, zingy tomato & salad leaves

Juicy roasted chicken wings coated in rich BBQ sauce are served with a creamy baby potato salad, elevated with fresh cucumber, tomato & salad leaves. You won't be able to get enough of these moreish wings!

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Delheim Wines | Delheim Gewürztraminer

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

24	Free-range Chicken Wings
750g	Baby Potatoes <i>halved</i>
150ml	BBQ Sauce
30ml	White Wine Vinegar
300g	Cucumber <i>cut into half-moons</i>
2	Tomatoes <i>1½ roughly diced</i>
60g	Salad Leaves <i>rinsed & shredded</i>
2	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
150ml	That Mayo (Original)

From Your Kitchen

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

1. POTATOES & WINGS Preheat the oven to 200°C. Pat the chicken wings dry with paper towel and place on a roasting tray. Coat in oil and season. Spread out the halved baby potatoes on a separate roasting tray in a single layer. Coat in oil and season. Roast in the oven until crispy and cooked through, 30-35 minutes (shifting halfway). In the final 5 minutes, baste the wings with the BBQ sauce.

2. IN A PICKLE When the roast is done, remove the roasted potatoes from the tray and set aside to cool slightly. In a bowl, combine the white wine vinegar, a sweetener, a drizzle of olive oil, and seasoning. Mix until the sweetener is fully dissolved. Toss through the cucumber half-moons, the diced tomatoes, and the shredded salad leaves.

3. POTATO PARADISE In a bowl, combine the slightly cooled roasted potatoes, the spring onion whites, the mayo, and seasoning.

4. LET'S WING IT! Plate up the creamy potato salad. Side with the BBQ wings and the fresh salad. Sprinkle over the spring onion greens. Well done, Chef!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	579kJ
Energy	138kcal
Protein	7.4g
Carbs	10g
of which sugars	1.8g
Fibre	1.4g
Fat	7.5g
of which saturated	1.9g
Sodium	133mg

Allergens

Egg, Allium, Sulphites

Cook
within 3
Days