Air Fryer Crispy Southern Fried Wings

Ingredients

- 70 g Maggi Air Fryer Crispy Southern Style
- 1 tablespoon vegetable oil
- 600 g Potatoes
- 2 Red Apple
- 200 g Red Cabbage
- 2 Carrots
- 0.5 lemon, juiced
- 2 tablespoons Parsley
- 400 g Chicken Wing

Instructions

1. Preheat the air fryer to 180˚C.
2. Boil the potatoes in a large pan of water for 10-15 minutes until tender.
3. Prepare the chicken while the potatoes cook. Tip the crumbs out onto a plate, drizzle the oil over chicken wings then dip the wings.
4. When the potatoes are finished cooking, drain and add to one side of your dual air fryer. Put the wings into the other side or other drawer and cook both for 12-15 minutes until browned.
5. Slice the red cabbage and throw it into a bowl. Slice the apple and grate the carrots and mix into the cabbage. Add the lemon juice and chopped parsley. Serve with the wings and wedges.

37 Minutes

6

Nutrition

Carbohydrate	39.27 g
Energy	332.99 kcal
Fat	12.33 g
Fibre	5.76 g
Protein	16.48 g
of which: saturates	2.8 g
Sodium	215.63 mg
of which: sugars	11.49 g