



# One-Pot Braised Chicken Drumsticks

with Cheat's Potato Mash & Parsley

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Celery



Leek



Chicken Drumsticks



Aussie Spice Blend



Chicken-Style Stock Powder



Potato



Grated Parmesan Cheese



Parsley



Mild Chorizo

Prep in: 20-30 mins  
Ready in: 1 hr 15 mins-1 hr 25 mins

Eat Me Early

Braising is a great way to unleash all the flavour from these chicken drumsticks and the best part is how easy it is to do! Add everything, like the chicken, veggies and mild spices into one pot and let it all come together. Serve up with a cheesy mash and you're good to go!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large ovenproof saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
leek	1	2
chicken drumsticks	1 packet	1 packet
<b>plain flour*</b>	1 tbs	2 tbs
Aussie spice blend	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	1¾ cups	3½ cups
potato	2	4
<b>butter*</b>	20g	40g
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag
mild chorizo**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2950kJ (705Cal)	465kJ (111Cal)
Protein (g)	51.7g	8.1g
Fat, total (g)	33.6g	5.3g
- saturated (g)	14.1g	2.2g
Carbohydrate (g)	47.9g	7.5g
- sugars (g)	16.9g	2.7g
Sodium (mg)	1345mg	212mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4230kJ (1011Cal)	576kJ (138Cal)
Protein (g)	69.8g	9.5g
Fat, total (g)	58.9g	8g
- saturated (g)	23.8g	3.2g
Carbohydrate (g)	49.9g	6.8g
- sugars (g)	16.9g	2.3g
Sodium (mg)	2235mg	304mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW25



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## Get prepped

- Preheat oven to **200°C/180°C fan-forced**. Boil the kettle.
- Roughly chop **carrot** and **celery**. Thinly slice **leek**.
- In a large bowl, combine **chicken drumsticks**, the **plain flour** and a pinch of **salt** and **pepper**.

**Custom Recipe:** If you've added chorizo to your meal, roughly chop chorizo.

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## Make the mash

- When the chicken has **10 minutes** remaining, peel **potato**, then cut into large chunks.
- Place **potato** in a large microwave-safe bowl. Cover with a damp paper towel.
- Microwave **potato** on high until tender, **6-7 minutes**.
- Add the **butter** to the potato and season with **salt**. Mash until smooth.

**Little cooks:** Get those muscles working and help mash the potatoes!

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## Braise the chicken

- Heat a large ovenproof pot over medium-high heat with a drizzle of **olive oil**. Cook **chicken** in batches, until golden, **3-4 minutes** each side.
- Add **carrot**, **celery**, **leek**, **Aussie spice blend**, **chicken style-stock powder**, the **boiling water** (1¾ cups for 2 people / 3½ cups for 4 people) and a pinch of **pepper**. Stir to combine.
- Cover pot with a lid or tightly with foil. Bake for **30 minutes**.
- Remove foil, then bake, uncovered, until chicken is cooked through, for a further **20-25 minutes**.

**TIP:** The chicken will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** In the last 15 minutes, add chorizo to the pot. Roast until lightly browned and cooked through, 10-15 minutes.

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## Serve up

- Divide cheat's potato mash between bowls.
- Top with braised chicken drumsticks and spoon over remaining sauce from the pot.
- Sprinkle with **grated Parmesan cheese** and tear over **parsley** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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