



BBQ Sweet-Chilli Chicken Drumsticks

with Coconut Rice, Crisp Slaw & Aioli

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Chicken Drumsticks



Barbecue Seasoning



Light Coconut Milk



Basmati Rice



Sweetcorn



Shredded Cabbage Mix



Baby Spinach Leaves



Sweet Chilli Sauce



Spring Onion



Garlic Aioli



Chicken Drumsticks

Prep in: 10-20 mins
Ready in: 40-50 mins

Eat Me Early

This smoky and sticky delight uses barbecue seasoning and sweet chilli sauce to coat baked chicken drumsticks for abundant flavours you can only dream of. Serve with a bed of creamy coconut rice and crunchy slaw for a crave-worthy dinner that's as pretty as a picture.

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

Pantry items

Olive Oil, White Wine Vinegar

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

Medium or large baking dish · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chicken drumsticks	1 packet	1 packet
barbecue seasoning	1 sachet	2 sachets
light coconut milk	1 small packet	2 small packets
water*	¾ cup	1½ cups
basmati rice	1 packet	1 packet
sweetcorn	1 tin	1 tin
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
sweet chilli sauce	1 medium packet	1 large packet
spring onion	1 stem	2 stems
garlic aioli	1 medium packet	1 large packet
chicken drumsticks**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3636kJ (869Cal)	603kJ (144Cal)
Protein (g)	50.8g	8.4g
Fat, total (g)	48.6g	8.1g
- saturated (g)	22.2g	3.7g
Carbohydrate (g)	82.8g	13.7g
- sugars (g)	17.1g	2.8g
Sodium (mg)	1269mg	211mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5087kJ (1216Cal)	615kJ (147Cal)
Protein (g)	90.4g	10.9g
Fat, total (g)	69.5g	8.4g
- saturated (g)	28.6g	3.5g
Carbohydrate (g)	82.8g	10g
- sugars (g)	17.1g	2.1g
Sodium (mg)	1420mg	172mg

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 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



1



Bake the drumsticks

- Preheat oven to **220°C/200°C fan-forced**.
- In a baking dish, add **chicken drumsticks**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to coat, then bake for **20 minutes**.
- Remove from oven, then add **barbecue seasoning**. Toss to coat and spoon over any juices. Bake until chicken is golden brown and cooked through, **15-20 minutes**.

TIP: The spice blend will char slightly, this adds flavour to the dish!

Custom Recipe: If you've doubled your chicken drumsticks, use a large baking dish for the best result.

3



Toss the slaw

- When the chicken has **10 minutes** cook time remaining, drain **sweetcorn**.
- In a medium bowl, combine **shredded cabbage mix**, **sweetcorn**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season and set aside.
- To the baking dish with the **drumsticks**, add **sweet chilli sauce** and turn **chicken** to coat.

Little cooks: Take the lead by tossing the slaw!

2



Make the coconut rice

- Meanwhile, in a medium saucepan, add **light coconut milk**, the **water** and a generous pinch of **salt** and bring to the boil.
- Add **basmati rice**, stir, cover with a lid and reduce heat to low.
- Cook for **15 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Serve up

- Thinly slice **spring onion**.
- Divide coconut rice, BBQ sweet-chilli chicken drumsticks and slaw between plates.
- Serve with **garlic aioli** and spring onion. Enjoy!

Little cooks: Help sprinkle over the spring onion.

Rate your recipe

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