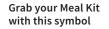


BBQ Sweet-Chilli Chicken Drumsticks with Coconut Rice, Crisp Slaw & Aioli

EXPLORER

KID FRIENDLY









Chicken Drumsticks

Barbecue Seasoning



Light Coconut



Basmati Rice





Sweetcorn

Shredded Cabbage



Baby Spinach



Sweet Chilli

Leaves

Spring Onion



Garlic Aioli





This smokey 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.



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 \cdot 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 | 1⅓ 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





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.



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!



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!



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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