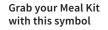


BBQ & Sriracha Chicken Drumsticks with Roast Pumpkin & Pear Salad

KID FRIENDLY









Chicken Drumsticks

All-American Spice Blend



BBQ Sauce

Sriracha



Peeled Pumpkin



Pieces





Baby Leaves

Smokey Aioli





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

Eat Me Early



When it comes to chicken, we're always looking for two things: golden crackly skin and juicy, flavourful meat. Enter, these baked chicken legs. They're all that and then some—the "some" being a sticky BBQ and sriracha glaze that really takes them above and beyond.



Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 lined with foil · Oven tray lined with baking paper

Ingredients

9			
2 People	4 People		
refer to method	refer to method		
1 medium packet	2 medium packets OR 1 large packet		
1 medium sachet	1 large sachet		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1	2		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
drizzle	drizzle		
1 medium packet	2 medium packets OR 1 large packet		
	refer to method 1 medium packet 1 medium sachet 1 medium packet drizzle		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2872kJ (686Cal)	463kJ (111Cal)
Protein (g)	45.9g	7.4g
Fat, total (g)	38.8g	6.3g
- saturated (g)	8.4g	1.4g
Carbohydrate (g)	38.1g	6.1g
- sugars (g)	28.1g	4.5g
Sodium (mg)	1514mg	244mg
Dietary Fibre (g)	5.2g	0.8g
Custom Recipe		

o accommodific		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	4323kJ (1033Cal)	512kJ (122Cal)
Protein (g)	85.5g	10.1g
Fat, total (g)	59.7g	7.1g
- saturated (g)	14.7g	1.7g
Carbohydrate (g)	38.1g	4.5g
- sugars (g)	28.1g	3.3g
Sodium (mg)	1665mg	197mg
Dietary fibre	5.2g	0.6g

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.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In a
 baking dish, combine chicken drumsticks, All-American spice blend and a
 drizzle of olive oil. Cover tightly with foil and bake for 20 minutes.
- Remove dish from oven, discard foil, then add BBQ sauce and sriracha. Turn drumsticks and spoon over any juices.
- Bake, uncovered, until chicken is golden brown and cooked through, a further 20-25 minutes.

TIP: The spice blend will char slightly, this adds flavour to the dish! **TIP:** Chicken is cooked through when it's no longer pink inside.

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



Make the salad

- Meanwhile, thinly slice **pear**.
- When drumsticks have 5 minutes remaining, combine baby leaves, pear, smokey aioli and a drizzle of vinegar and olive oil in a medium bowl.
 Season to taste.

Little cooks: Take the lead by combining the ingredients for the slaw!



Roast the pumpkin

- When the drumsticks have 15 minutes remaining, place peeled pumpkin pieces on a lined oven tray.
- Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then roast until tender, 12-15 minutes.

Little cooks: Kids can help with tossing the pumpkin.



Serve up

- Divide pear salad, BBQ and sriracha chicken drumsticks and roast pumpkin between plates.
- Spoon over any remaining sauce from the baking dish to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate