



BBQ & Sriracha Chicken Drumsticks

with Roast Pumpkin & Pear Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Chicken Drumsticks



All-American Spice Blend



BBQ Sauce



Sriracha



Peeled Pumpkin Pieces



Pear



Baby Leaves



Smokey Aioli



Chicken Drumsticks

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



Carb Smart*
**Custom Recipe is not Carb Smart*

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.

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

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 medium packet	1 large packet
sriracha	1 medium packet	1 large packet
peeled pumpkin pieces	1 medium packet	1 large packet
pear	1	2
baby leaves	1 medium packet	1 large packet
smokey aioli	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
chicken drumsticks**	1 medium packet	2 medium packets OR 1 large packet

*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

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

2024 | CW23



1



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.

3



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 salad!

2



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.

4



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

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