



Slow-Cooked Chicken Drumsticks & Broccoli

with Potato Mash & Parmesan Cheese

SLOW COOKER FRIENDLY

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Leek



Broccoli



Garlic



Garlic & Herb Seasoning



Chicken Drumsticks



Chicken-Style Stock Powder



Potato



Baby Leaves



Cream



Grated Parmesan Cheese



Chicken Drumsticks

Recipe Update

We've replaced the risoni in this recipe with potato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 4 hrs -5 hrs

Eat Me Early

Patience is going to be key with this dish. We understand how tempting it is to dig in as soon as possible, but the extra hours of love and care are what makes this dish a stand-out. Succulent chicken drumsticks become meltingly tender while marinating in the creamy stew. We promise it's worth the wait!

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

Pantry items

Olive Oil, Butter, Milk

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

Large frying pan · Slow Cooker with a lid · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
broccoli	½ head	1 head
garlic	3 cloves	6 cloves
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
water*	1 cup	2 cups
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
baby leaves	1 small packet	1 medium packet
cream	½ packet	1 packet
grated Parmesan cheese	1 medium packet	1 large packet
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)	4261kJ (1018Cal)	589kJ (140Cal)
Protein (g)	53.3g	7.4g
Fat, total (g)	69.5g	9.6g
- saturated (g)	35.2g	4.9g
Carbohydrate (g)	44.5g	6.2g
- sugars (g)	24.9g	3.4g
Sodium (mg)	1276mg	176mg
Dietary Fibre (g)	5.4g	0.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5712kJ (1365Cal)	603kJ (144Cal)
Protein (g)	92.9g	9.8g
Fat, total (g)	90.4g	9.5g
- saturated (g)	41.5g	4.4g
Carbohydrate (g)	44.5g	4.7g
- sugars (g)	24.9g	2.6g
Sodium (mg)	1427mg	151mg
Dietary fibre	5.4g	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



Get prepped

- Thinly slice **leek**. Cut **broccoli (see ingredients)** into small florets, then roughly chop stalk. Finely chop **garlic**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken drumsticks** and toss to coat.

Little cooks: Kids can help combine the seasoning and olive oil.

Custom Recipe: If you've doubled your chicken drumsticks, flavour in a large bowl.



Make the mash

- In the last **30-35 minutes** of cook time, remove lid from slow-cooker, then add **broccoli**. Stir to combine and return lid. Boil the kettle.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**. Peel **potato** and cut into bite-sized chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.



Prep the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Add **chicken drumsticks** and cook, tossing occasionally, until browned on all sides, **3-4 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**.

Custom Recipe: Cook chicken in batches for best results. Return all chicken to pan before adding garlic.



Add the baby leaves

- When the stew is ready, stir through **baby leaves** and **cream (see ingredients)** until leaves are wilted. Season to taste.



Slow cook the chicken

- Transfer **chicken drumsticks**, **leek**, **chicken-style stock powder**, the **water**, and a pinch of **salt** to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook until chicken is tender, **4-5 hours**.

TIP: If you don't have a slow cooker, transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake for 25 minutes.



Serve up

- Divide potato mash between bowls. Top with slow-cooked chicken drumsticks and broccoli.
- Sprinkle with **grated Parmesan cheese** to serve. Enjoy!

Little cooks: Kids can add the finishing touch by sprinkling over the cheese!

Rate your recipe

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