

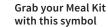
Slow-Cooked Chicken Drumsticks & Broccoli

with Potato Mash & Parmesan Cheese

SLOW COOKER FRIENDLY

NEW

KID FRIENDLY















Seasoning



Chicken Drumsticks



Chicken-Style







Potato







Grated Parmesan Cheese





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!

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

3			
	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	1/4 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) Protein (g) 92.9g 9.8g Fat, total (g) 90.4g 9.5g 41.5g 4.4g - saturated (g) 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.

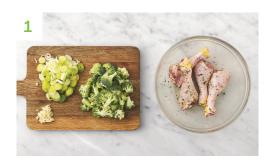
Allergens

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.



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.



Slow cook the chicken

- Transfer chicken drumsticks, leek, chickenstyle 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.



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.



Add the baby leaves

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



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

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