



Slow-Cooked Tuscan Chicken Drumsticks

with Potato Mash & Baby Leaves

SLOW-COOKER FRIENDLY

NEW

Grab your Meal Kit with this symbol



Garlic



Carrot



Celery



Garlic & Herb Seasoning



Chicken Drumsticks



Crushed & Sieved Tomatoes



Chicken-Style Stock Powder



Potato



Grated Parmesan Cheese



Baby Leaves



Chicken Drumsticks

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

Eat Me Early

The best things in life take time, and this dish is no exception. Sit back and let the clock transform chicken drumsticks into melt-in-your-mouth goodness, in a hearty tomato-based stew. Once it's all done, pile it generously onto silky Parmesan mash for this unforgettable meal.

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

Pantry items

Olive Oil, Brown Sugar, Milk, Butter

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 · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
celery	1 stalk	2 stalks
garlic & herb seasoning	1 medium sachet	1 large sachet
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
crushed & sieved tomatoes	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	½ tbs	1 tbs
water*	¾ cup	1½ cups
potato	2	4
grated Parmesan cheese	1 medium packet	1 large packet
milk*	2 tbs	¼ cup
butter* (for the mash)	40g	80g
baby leaves	1 small packet	1 medium packet
butter* (for the sauce)	20g	40g
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)	4103kJ (981Cal)	491kJ (117Cal)
Protein (g)	54.2g	6.5g
Fat, total (g)	55.2g	6.6g
- saturated (g)	26g	3.1g
Carbohydrate (g)	64.3g	7.7g
- sugars (g)	34.1g	4.1g
Sodium (mg)	3291mg	394mg
Dietary Fibre (g)	9.6g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5555kJ (1328Cal)	524kJ (125Cal)
Protein (g)	93.8g	8.8g
Fat, total (g)	76.1g	7.2g
- saturated (g)	32.3g	3g
Carbohydrate (g)	64.3g	6.1g
- sugars (g)	34.1g	3.2g
Sodium (mg)	3442mg	325mg
Dietary fibre (g)	9.6g	0.9g

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.



1 Prep the chicken

- Finely chop **garlic**. Roughly chop **carrot** and **celery**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken drumsticks** and toss to combine.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken drumsticks**, until browned on all sides, **3-4 minutes**.
- Add **garlic** and cook, until fragrant, **1 minute**.

Custom Recipe: If you've doubled your chicken drumsticks, flavour in a large bowl. Cook in batches for best results.



4 Make the mash

- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- 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 half the **grated Parmesan cheese**, the **milk** and the **butter (for the mash)** to the **potato**, then season with **salt**. Mash until smooth. Cover to keep warm.



2 Slow cook the chicken

- Transfer **chicken drumsticks**, **crushed & sieved tomatoes**, **chicken-style stock powder**, the **brown sugar**, 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: Chicken is cooked through when it's no longer pink inside.

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.



5 Bring it all together

- When the stew is ready, stir through **baby leaves** and the **butter (for the sauce)** until leaves are wilted.
- Season to taste.

TIP: Add a splash of water if the sauce mixture looks too thick.



3 Get prepped

- When the stew has **20 minutes** remaining, boil the kettle.
- Peel **potato** and cut into large chunks.



6 Serve up

- Divide mash between bowls.
- Top with slow-cooked Italian chicken stew to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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