

Slow-Cooked Chicken Drumstick Orecchiette

with Courgette & Parmesan Cheese

SLOW-COOKER FRIENDLY

KID FRIENDLY

Grab your meal kit with this number

23



Leek



Courgette



Garlic



Garlic & Herb Seasoning



Chicken Drumsticks



Chicken-Style Stock Powder



Orecchiette



Baby Leaves



Cream



Grated Parmesan Cheese



Chicken Drumsticks




Grated Parmesan Cheese

Recipe Update

We've replaced the risini in this recipe with orrechiette 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-4 hrs 10 mins

 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 - it smells so good - but you'll be glad for those extra minutes. Allowing the succulent chicken drumsticks to marinate in the creamy stew will add a burst of flavour to every bite.

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Slow cooker or Large ovenproof saucepan · Large frying pan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
leek	1	2
courgette	1	2
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
orecchiette	1 medium packet	2 medium packets
butter*	20g	40g
baby leaves	1 small packet	1 medium packet
cream	½ packet	1 packet
grated Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4020kJ (961Cal)	737kJ (176Cal)
Protein (g)	54.3g	10g
Fat, total (g)	61.7g	11.3g
- saturated (g)	29.7g	5.4g
Carbohydrate (g)	44.2g	8.1g
- sugars (g)	8.3g	1.5g
Sodium (mg)	1225mg	225mg
Dietary Fibre (g)	4g	0.7g

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Thinly slice **leek**. Cut **courgette** into half-moons. Finely chop **garlic**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **chicken drumsticks** and toss to coat.



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chicken drumsticks**, tossing occasionally, until browned on all sides, **3-4 minutes** (the chicken will finish cooking through in step 3!).
- Add **garlic** and cook until fragrant, **1 minute**.



Slow cook the chicken

- Transfer **chicken drumsticks**, **leek**, **courgette**, **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, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with a lid (or tightly with foil) and bake until chicken is tender, 90 minutes.



Cook the orecchiette

- When the chicken has **10 minutes** remaining, half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **orecchiette** in boiling water until 'al dente', **8 minutes**.
- Drain **orecchiette**, then return to saucepan.



Finish the stew

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

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

- Divide slow-cooked chicken drumstick orecchiette with courgette between bowls.
- Sprinkle with **grated Parmesan cheese** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



CUSTOM OPTIONS

+ **DOUBLE CHICKEN DRUMSTICKS**
Follow method above, cooking in batches if necessary.

+ **DOUBLE GRATED PARMESAN CHEESE**
Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

