

Kiwi-Spiced Chicken Drumsticks

with Roast Potatoes, Pear Slaw & Beetroot Relish

Grab your meal kit with this number

33



Chicken Drumsticks



Kiwi Spice Blend



Potato



Pear



Slaw Mix



Dill & Parsley Mayonnaise



Beetroot Relish



Chicken Breast



Chicken Drumsticks

Prep in: 15-25 mins
Ready in: 45-55 mins

 Eat Me Early

Get ready to drum up some excitement with our spiced chicken drumsticks and roast potatoes. Add a pop of colour and extra flavour with a crunchy pear slaw and a dollop of beetroot relish – it's a party on your plate!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Medium or large baking dish · 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
kiwi spice blend	1 sachet	2 sachets
potato	2	4
pear	1	2
slaw mix	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
beetroot relish	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2939kJ (702Cal)	488kJ (117Cal)
Protein (g)	45.8g	7.6g
Fat, total (g)	35.7g	5.9g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	52.8g	8.8g
- sugars (g)	32g	5.3g
Sodium (mg)	886mg	147mg
Dietary Fibre (g)	6g	1g

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.

1



Bake the chicken drumsticks

- Preheat oven to **220°C/200°C fan-forced**.
- In a baking dish, combine **chicken drumsticks**, **kiwi spice blend**, a pinch of **salt** and a drizzle of **olive oil**. Bake for **20 minutes**.
- Remove from oven, turn **drumsticks** and spoon over any juices.
- Bake until golden brown and cooked through, a further **20-25 minutes**.

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

3



Make the slaw

- Meanwhile, thinly slice **pear**.
- In a medium bowl, combine **slaw mix**, **pear**, **dill & parsley mayonnaise** and a drizzle of **vinegar**. Season to taste.

2



Roast the potato

- Meanwhile, cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

4



Serve up

- Divide kiwi-spiced chicken drumsticks, roasted potatoes and pear slaw between plates.
- Top chicken drumsticks with a dollop of **beetroot relish** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW28



CUSTOM
OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE CHICKEN DRUMSTICKS

Follow method above, cooking in batches if necessary.

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

