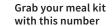


# Smokey Chicken Drumsticks & Roast Veggies with Truffle Mayonnaise & Roasted Almonds

KIWI FLAVOURS









Chicken Drumsticks





Orange Kumara

Parsnip





Broccoli Florets

Roasted Almonds



Italian Truffle Mayonnaise









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



Tried and true chicken and veg just had a major makeover! This chicken is marinated in Kiwi seasoning and honey for a sweet and smokey hit, and is accompanied by a rainbow of roasted veggies. A dollop of creamy Italian truffle mayo is the perfect addition to tie it all together.

**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

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
butter*	20g	40g
kumara	2 (medium)	2 (large)
parsnip	1	2
broccoli florets	1 medium packet	1 large packet
roasted almonds	1 packet	2 packets
Italian truffle mayonnaise	1 medium packet	2 medium packets

#### \*Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3571kJ (853Cal)	570kJ (136Cal)
Protein (g)	52.3g	8.4g
Fat, total (g)	49.2g	7.9g
- saturated (g)	13.4g	2.1g
Carbohydrate (g)	50.5g	8.1g
- sugars (g)	13.4g	2.1g
Sodium (mg)	902mg	144mg
Dietary Fibre (g)	11.5g	1.8g

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.



#### Cook the chicken

- Preheat oven to 240°C/220°C fan-forced.
- In a baking dish, combine chicken drumsticks, Kiwi spice blend and a drizzle of olive oil. Cover tightly with foil and bake for 20 minutes.
- Remove from oven, remove foil, turn **drumsticks** and spoon over any juices. Add a pinch of **salt** and the **butter** to the baking dish and turn chicken to coat.
- · Bake, uncovered, until golden brown and cooked through, a further 20-25 minutes.

**TIP:** The spice blend will char slightly, this adds flavour to the dish! **TIP:** Chicken is cooked through when it's no longer pink inside.



## Roast the veggies

- Place **kumara** and **parsnip** on lined oven tray. Drizzle with **olive oil**, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.
- In the last 10 minutes of roast time, remove tray from oven, add the broccoli and further roast, until tender, 10 minutes.



## Get prepped

- Meanwhile, peel **kumara**. Cut **kumara** and **parsnip** into bite-sized chunks.
- · Halve any thick broccoli florets.
- · Roughly chop roasted almonds.
- In a medium bowl, combine **broccoli florets**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Set aside.



## Serve up

- Divide smokey chicken and roasted veggies between plates.
- Sprinkle with roasted almonds. Serve with **truffle mayonnaise**. Enjoy!





**DOUBLE CHICKEN DRUMSTICKS** Follow method above, cooking in batches



Preheat oven to 220°C/200°C fan-forced. Toss with olive oil and salt. Roast until tender, 20-25 minutes. Toss through before serving.

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

