



Garlic



Carrot



Celery



Chicken Drumsticks



Garlic & Herb Seasoning



Diced Tomatoes with Garlic & Onion



Chicken-Style Stock Powder



Potato



Grated Parmesan Cheese



Baby Leaves



Chicken Thigh



Grated Parmesan Cheese

Prep in: 20-30 mins  
Ready in: 4 hours 10 mins - 4 hours 20 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.

**Pantry items**

Olive Oil, Plain Flour, Brown Sugar, Milk, Butter



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**

\* Large saucepan with a lid

**\*Pantry Items**

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

The quantities provided above are averages only.

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://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 **chicken drumsticks**, the **plain flour** and a generous pinch of **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Shake off remaining **flour** and cook **chicken drumsticks**, turning, until browned on all sides, **3-4 minutes** (the chicken will finish cooking in step 2!). Transfer to slow cooker.



## 2 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 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.



## 3 Slow cook the chicken

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **celery** until tender, **3-4 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook, until fragrant, **1-2 minutes**. Stir through **diced tomatoes**, **chicken-style stock powder**, the **brown sugar** and **water**.
- Transfer to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook, turning **drumsticks** each hour, until chicken is tender and the meat is falling off the bone, **4 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 lid (or tightly with foil) and bake until chicken is tender, 90 minutes.



## 4 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.



## 5 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 Tuscan-style chicken to serve. Enjoy!

