

# All-American Chicken Drumsticks & Roast Pumpkin


with Sweet-Heat Sauce & Smokey Pear Slaw



KID FRIENDLY



Grab your meal kit with this number



14







-   
 Chicken Drumsticks

  
 All-American Spice Blend
-   
 BBQ Sauce

  
 Sriracha
-   
 Peeled Pumpkin Pieces

  
 Pear
-   
 Baby Leaves

  
 Slaw Mix
-   
 Smokey Aioli

  
 Chicken Drumsticks
-   
 Chicken Breast

Prep in: 10-20 mins  
Ready in: 40-50 mins

Protein Rich

Eat Me Early

When it comes to chicken, we're always looking for two things: golden crackly skin and juicy, flavourful meat. Enter, these baked chicken legs. They're all that and then some—the “some” being a sticky BBQ and sriracha glaze that really takes them above and beyond.

### 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
<b>olive oil*</b>	refer to method	refer to method
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium packet	1 large packet
BBQ sauce	1 medium packet	1 large packet
sriracha	1 medium packet	1 large packet
peeled pumpkin pieces	1 medium packet	2 medium packets
pear	1	2
baby leaves	1 small packet	1 medium packet
slaw mix	1 medium packet	1 large packet
smokey aioli	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2872kJ (686Cal)	463kJ (111Cal)
Protein (g)	45.9g	7.4g
Fat, total (g)	38.8g	6.3g
- saturated (g)	8.4g	1.4g
Carbohydrate (g)	38.1g	6.1g
- sugars (g)	28.1g	4.5g
Sodium (mg)	1514mg	244mg
Dietary Fibre (g)	5.2g	0.8g

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](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



## Bake the drumsticks

- Preheat oven to **220°C/200°C fan-forced**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a baking dish, combine **chicken drumsticks**, **All-American spice blend** and a drizzle of **olive oil**. Cover tightly with foil and bake for **20 minutes**.
- Remove dish from oven, discard foil, then add **BBQ sauce** and **sriracha**. Turn **drumsticks** and spoon over any **juices**.
- Bake, uncovered, until chicken is 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.

3



## Make the slaw

- When the pumpkin has **10 minutes** remaining, thinly slice **pear**.
- In a medium bowl, combine **baby leaves**, **slaw mix**, **pear**, **smokey aioli** and a drizzle of **vinegar** and **olive oil**. Season to taste.

**Little cooks:** Take the lead by combining the ingredients for the slaw!

2



## Roast the pumpkin

- Meanwhile, place **peeled pumpkin pieces** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

**Little cooks:** Kids can help with tossing the pumpkin.

4



## Serve up

- Divide smokey pear slaw, All-American chicken drumsticks and roast pumpkin between plates.
- Spoon over any remaining sweet-heat sauce from the baking dish to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW32



### CUSTOM OPTIONS



#### DOUBLE CHICKEN DRUMSTICKS

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

Follow method above, baking, uncovered, for 12-16 minutes.

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

