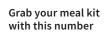


# Slow-Cooked Chicken Drumsticks & Red Wine Jus

with Steamed Green Beans & Potato Mash

SLOW-COOKER FRIENDLY

NEW













Rosemary





Chicken Drumsticks

Garlic & Herb Seasoning





Red Wine

Tomato Paste





Chicken-Style Stock Powder

Potato



Green Beans





Prep in: 25-35 mins Ready in: 4 hours 25 mins-4 hours 35 mins





**Protein Rich** 

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 rich, red-wine based sauce. Served over silky mashed potatoes with tender green beans, this meal is well worth the wait.

#### **Pantry items**

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

### 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

Large frying pan · Slow cooker or ovenproof saucepan · Medium saucepan with lid

## Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
onion	1/2	1	
garlic	2 cloves	4 cloves	
rosemary	2	4	
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet	
plain flour*	2 tbs	1/4 cup	
garlic & herb seasoning	1 medium sachet	1 large sachet	
tomato paste	1 packet	2 packets	
red wine jus	1 medium packet	1 large packet	
chicken-style stock powder	1 medium sachet	1 large sachet	
brown sugar*	1 tsp	2 tsp	
water*	¾ cup	1½ cups	
potato	2	4	
green beans	1 small packet	1 medium packet	
butter*	40g	80g	
milk*	2 tbs	4 tbs	

<sup>\*</sup>Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2784kJ (665cal)	208kJ (50cal)
Protein (g)	48.5g	3.6g
Fat, total (g)	27.7g	2.1g
- saturated (g)	7.6g	0.6g
Carbohydrate (g)	57.1g	4.3g
- sugars (g)	26.9g	2g
Sodium (mg)	1492mg	111.3mg
Dietary Fibre (g)	12.7g	0.9g

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.



### Get prepped

- Cut carrot into bite-sized chunks. Roughly chop onion (see ingredients). Finely chop garlic. Pick and finely chop rosemary.
- 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. Cook chicken, turning, until browned on all sides, **3-4 minutes**. Transfer to slow cooker.
- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook carrot and onion until tender, 2-3 minutes. Add garlic & herb seasoning, garlic, rosemary and tomato paste, and cook until fragrant, 1-2 minutes.



### Make the mash & steam the beans

- When the stew has 20 minutes cook time remaining, bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Trim green beans. Cook potato in the boiling water over medium-high heat until easily pierced with a fork, 12-15 minutes.
- In the last 8 minutes of cook time, place a colander or steamer basket on top, then add green beans. Cover and steam until the beans are tender, **7-8 minutes**. Transfer **green beans** to a bowl. Season, then set aside.
- Drain **potatoes** and return to saucepan. Add the **butter**, **milk** and season generously with salt. Mash until smooth. Cover to keep warm.



## Make it saucu

- Stir through red wine jus, 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 each hour, until chicken is tender and the meat is falling off the bone, 4 hours.

TIP: No slow cooker? Preheat the oven to 200°C/180°C fan-forced. Prepare chicken drumsticks and sauce as above. Transfer mixture to an ovenproof saucepan and cover with a lid (or tightly with foil). Bake until chicken is tender and cooked through (no longer pink inside), 90 minutes.



### Serve up

- Divide mash and slow-cooked chicken drumsticks between bowls.
- · Serve with steamed green beans. Enjoy!







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

