



Slow-Cooked Chicken Drumsticks & Red Wine Jus

with Steamed Green Beans & Potato Mash

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit with this number

23



Carrot



Onion



Garlic



Rosemary



Chicken Drumsticks



Garlic & Herb Seasoning



Tomato Paste



Red Wine Jus



Chicken-Style Stock Powder



Potato



Green Beans



Cheddar Cheese



Diced Bacon

Prep in: 25-35 mins

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



Eat Me Early



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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
onion	½	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	¼ 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

*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.

We're here to help!

Scan here if you have any questions or concerns

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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.

CUSTOM OPTIONS

+ ADD CHEDDAR CHEESE
Sprinkle over before serving.

+ ADD DICED BACON
In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.



Make it saucy

- 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.

