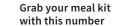
# Smokey Chicken Drumsticks & Roast Veggies with Truffle Mayonnaise & Roasted Almonds

KIWI FLAVOURS









Chicken Drumsticks

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 · Large frying pan

# 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 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3510kJ (839cal)	337kJ (80cal)
Protein (g)	51.9g	5g
Fat, total (g)	49g	4.7g
- saturated (g)	13.3g	1.3g
Carbohydrate (g)	48.2g	4.6g
- sugars (g)	12.5g	1.2g
Sodium (mg)	486mg	46.6mg
Dietary Fibre (g)	11g	1.1g

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 (when no longer pink inside), a further 20-25 minutes.

**TIP:** The spice blend will char slightly, this adds flavour to the dish!



## Roast the veggies

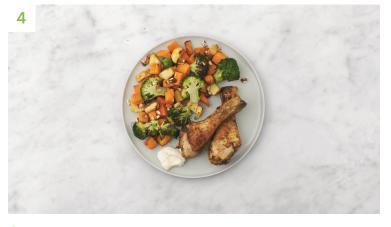
- Place kumara and parsnip on lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.
- In the last 10 minutes of roast time, remove tray from oven, add the broccoli and further roast, until tender, 10 minutes.

TIP: If your oven tray is crowded, divide between two trays.



## 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.

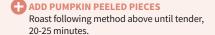


## Serve up

- Divide smokey chicken and roasted veggies between plates.
- · Sprinkle roasted almonds over roast veggies.
- Serve with a dollop of **truffle mayonnaise**. Enjoy!



DOUBLE CHICKEN DRUMSTICKS
Follow method above, cooking in batches if necessary.



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

