

Kentucky-Style Fried Chicken & Fries

with Creamy Apple Slaw & Onion Gravy

SKILL UP

NEW

Grab your meal kit with this number

39



Potato



Chicken Drumsticks



Apple



Baby Leaves



Onion



Cornflour



All-American Spice Blend



Worcestershire Sauce



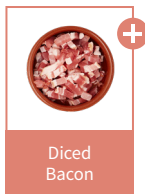
Gravy Granules



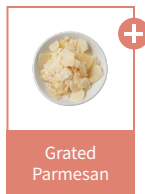
Shredded Cabbage Mix



Dill & Parsley Mayonnaise



Diced Bacon



Grated Parmesan

Prep in: 20-30 mins
Ready in: 35-45 mins

Eat Me Early

Time to unleash your inner chef! We're all familiar with the smell of Kentucky fried chicken, but have you ever made it from scratch? Chicken drumsticks are lightly coated in flour and spices before being shallow fried to golden, crispy perfection. Paired with classics like fries, slaw, and onion gravy, this meal is a taste of nostalgia.

Pantry items

Olive Oil, Plain Flour, Egg, White Wine Vinegar

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

Oven tray lined with baking paper · Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
apple	1	2
baby leaves	1 small packet	1 medium packet
onion	½	1
cornflour	1 packet	2 packets
plain flour*	2 tbs	¼ cup
salt*	½ tsp	1 tsp
egg*	1	2
All-American spice blend	1 medium sachet	1 large sachet
Worcestershire sauce	1 medium packet	1 large packet
gravy granules	1 sachet	2 sachets
water*	½ cup	1 cup
shredded cabbage mix	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3461kJ (827cal)	264kJ (63cal)
Protein (g)	48.3g	3.7g
Fat, total (g)	40.4g	3.1g
- saturated (g)	8.3g	0.6g
Carbohydrate (g)	69.2g	5.3g
- sugars (g)	33g	2.5g
Sodium (mg)	1366mg	104.3mg
Dietary Fibre (g)	10.1g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

4



Make the gravy & slaw

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **3-5 minutes**.
- Reduce heat to medium, add **Worcestershire sauce**, **gravy granules** and the **water**, whisking, until smooth, **1 minute**. Transfer to a heatproof bowl and cover to keep warm.
- In a medium bowl, combine **shredded cabbage mix**, **apple**, **spinach**, **dill & parsley mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

2



Poach the drumsticks

- Meanwhile, boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Add **chicken drumsticks**, bring to the boil, then reduce the heat to medium-high and simmer until the chicken is cooked through, **12-14 minutes**.
- Using tongs, remove the **chicken** from the water and transfer to a medium bowl. Pat dry with paper towel and allow to cool slightly.

TIP: Make sure the drumsticks are submerged in the water so they cook through.

5



Fry the chicken

- Wash and dry frying pan and return to high heat with enough **olive oil** to coat the base.
- Cook **chicken** in batches, turning, until golden, **4-6 minutes**. Transfer to a paper towel-lined plate.

TIP: Add extra oil if needed so the chicken doesn't stick to the pan!

3



Get prepped

- Meanwhile, thinly slice **apple** into sticks. Roughly chop **baby leaves**. Thinly slice **onion** (see ingredients).
- In a shallow bowl, combine **cornflour**, the **plain flour** and **salt**. In a second shallow bowl, whisk the **egg** and **All-American spice blend**.
- Dip **chicken** into **egg mixture** to coat, then into **cornflour mixture**.
- Repeat so drumsticks are coated twice. Set aside on a plate.

6



Serve up

- Divide potato fries, Kentucky-style fried chicken and creamy apple slaw between plates.
- Serve with onion gravy. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW36



CUSTOM OPTIONS

+ ADD DICED BACON

Cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

+ ADD GRATED PARMESAN

Sprinkle over fries in the last 5 minutes of baking.

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

