



American Slow-Cooked BBQ Chicken Drumsticks

with Cheesy Potato Mash & Rainbow Slaw

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit with this number

23



Onion



Chicken Drumsticks



BBQ Sauce



All-American Spice Blend



Radish



Baby Leaves



Potato



Shredded Cheddar Cheese



Shredded Cabbage Mix



Mayonnaise



Cheddar Cheese



Diced Bacon

Pantry items

Olive Oil, Plain Flour, Butter, Milk, White Wine Vinegar

Prep in: 25-35 mins
Ready in: 4 hours - 4 hours 10 mins

Eat Me Early

Sit back and relax while your slow cooker takes care of dinner for you. Chicken drumsticks are the perfect protein for this style of cooking, producing a melt-in-your-mouth result. BBQ sauce and our favourite All-American seasoning add exceptional flavour, with creamy cheesiness provided by the Cheddar mash.

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 · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
plain flour*	1 tbs	2 tbs
BBQ sauce	1 large packet	2 large packets
All-American spice blend	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
radish	1	2
baby leaves	1 small packet	1 medium packet
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
shredded Cheddar cheese	1 medium packet	1 large packet
shredded cabbage mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4254kJ (1017cal)	327kJ (78cal)
Protein (g)	53.8g	4.1g
Fat, total (g)	61.1g	4.7g
- saturated (g)	24.5g	1.9g
Carbohydrate (g)	63.8g	4.9g
- sugars (g)	38.4g	3g
Sodium (mg)	1611mg	123.8mg
Dietary Fibre (g)	7.8g	0.6g

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Prep the chicken

- Roughly chop **onion** (see ingredients).
- In a medium bowl, combine **chicken drumsticks**, the **plain flour**, a generous pinch of **salt** and **pepper**. Toss to combine.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Add **chicken drumsticks** and cook, until browned on all sides, **3-4 minutes**.

TIP: The chicken will finish cooking in the next step!



Make the mash

- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter**, **milk** and **shredded Cheddar cheese** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.



Slow cook the chicken

- Transfer **chicken drumsticks**, **onion**, **BBQ sauce**, **All-American spice blend** and the **water** to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook, turning **drumsticks** each hour, until chicken is tender and the meat is falling off the bone, **4 hours**.

TIP: If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake until chicken is tender, 90 minutes.



Toss the slaw

- Meanwhile, in a large bowl, combine **radish**, **baby leaves**, **shredded cabbage mix**, **mayonnaise** and a drizzle of **white wine vinegar**. Season to taste.



Get prepped

- When the chicken has **20 minutes** remaining, boil the kettle.
- Thinly slice **radish**. Roughly chop **baby leaves**. Peel **potato** and cut into large chunks.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Serve up

- Divide American slow-cooked BBQ chicken drumsticks, cheesy potato mash and rainbow slaw between plates.
- Spoon remaining sauce over chicken to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW37



CUSTOM OPTIONS

+ **DOUBLE CHEDDAR CHEESE**
Follow method above.

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

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

