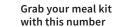


Sticky Chicken Drumsticks & Roast Pumpkin with Sweet-Heat Sauce & Smokey Pear Slaw

KID FRIENDLY









Chicken Drumsticks

Spice Blend





BBQ Sauce

Peeled Pumpkin





Baby Leaves

Slaw Mix



Smokey Aioli



Prep in: 10-20 mins Ready in: 40-50 mins



When it comes to chicken, we're always looking for two things: golden crackly skin and juicy, flavourful meat. Enter, these baked chicken legs. They're all that and then some—the "some" being a sticky BBQ and sriracha glaze that really takes them above and beyond.



Olive Oil, Vinegar (White Wine or Balsamic)

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 \cdot Oven tray lined with baking paper

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet	
All-American spice blend	1 medium sachet	1 large sachet	
BBQ sauce	1 medium packet	1 large packet	
sriracha	1 medium packet	1 large packet	
peeled pumpkin pieces	1 medium packet	2 medium packets	
pear	1	2	
baby leaves	1 small packet	1 medium packet	
slaw mix	1 medium packet	1 large packet	
smokey aioli	1 medium packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2887kJ (690cal)	229kJ (55cal)
Protein (g)	45.9g	3.6g
Fat, total (g)	38.9g	3.1g
- saturated (g)	8.4g	0.7g
Carbohydrate (g)	38.9g	3.1g
- sugars (g)	28.8g	2.3g
Sodium (mg)	1313mg	104.2mg
Dietary Fibre (g)	4g	0.3g

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.



Bake the drumsticks

- Preheat oven to 220°C/200°C fan-forced.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In
 a baking dish, combine chicken drumsticks, All-American spice blend and
 a drizzle of olive oil. Cover tightly with foil and bake for 20 minutes.
- SPICY! Use less sriracha if you're sensitive to heat! Remove dish from oven, discard foil, then add BBQ sauce and sriracha. Turn drumsticks and spoon over any juices.
- Bake, uncovered, until chicken is golden brown and cooked through, a further 20-25 minutes.

TIP: Chicken is cooked through when it's no longer pink inside.



Make the slaw

- When the pumpkin has 10 minutes remaining, thinly slice pear.
- In a medium bowl, combine baby leaves, slaw mix, pear, smokey aioli and a drizzle of vinegar and olive oil. Season to taste.

Little cooks: Take the lead by combining the ingredients for the slaw!



Roast the pumpkin

- Meanwhile, place **peeled pumpkin pieces** on a lined oven tray.
- Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then roast until tender, 20-25 minutes.

Little cooks: Kids can help with tossing the pumpkin.



Serve up

- Divide smokey pear slaw, sticky chicken drumsticks and roast pumpkin between plates.
- Spoon over any remaining sweet-heat sauce from the baking dish to serve. Enjoy!







Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

