



Sticky Chicken Drumsticks & Roast Pumpkin

with Sweet-Heat Sauce & Smokey Pear Slaw

KID FRIENDLY

Grab your meal kit with this number

20



Chicken Drumsticks



All-American Spice Blend



BBQ Sauce



Sriracha



Peeled Pumpkin Pieces



Pear



Baby Leaves



Slaw Mix



Smokey Aioli



Chicken Drumsticks



Chicken Breast

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



Protein Rich



Eat Me Early

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.

Pantry items

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 · Oven tray lined with baking paper

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
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.

1



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.

3



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!

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS



DOUBLE CHICKEN DRUMSTICKS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

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.

