

# Smokey Chicken Drumsticks & Rainbow Veg

with Truffle Mayonnaise & Roasted Almonds

KIWI FLAVOURS

Grab your meal kit with this number

20



Chicken Drumsticks



Kiwi Spice Blend



Kumara



Parsnip



Broccoli Florets



Roasted Almonds



Italian Truffle Mayonnaise



Chicken Drumsticks



Grated Parmesan Cheese

Prep in: 15-25 mins  
Ready in: 45-55 mins

Eat Me Early

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
<b>olive oil*</b>	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
<b>butter*</b>	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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3565kJ (852Cal)	569kJ (135Cal)
Protein (g)	51.9g	8.3g
Fat, total (g)	49g	7.8g
- saturated (g)	13.4g	2.1g
Carbohydrate (g)	50.9g	8.1g
- sugars (g)	13.3g	2.1g
Sodium (mg)	901mg	144mg
Dietary Fibre (g)	10.2g	1.6g

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

1



## 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 dish from oven, then 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, a further **20-25 minutes**.

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

3



## 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 the veggies between two trays.

2



## Get prepped

- Meanwhile, peel **kumara**. Cut **kumara** and **parsnip** into bite-sized chunks.
- Halve any larger **broccoli florets**. Roughly chop **roasted almonds**.
- In a medium bowl, combine **broccoli**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Set aside.

4



## Serve up

- Divide smokey chicken and rainbow veg between plates.
- Sprinkle with **roasted almonds**.
- Serve with **Italian truffle mayonnaise**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



### CUSTOM OPTIONS



#### DOUBLE CHICKEN DRUMSTICKS

Follow method above, cooking in batches if necessary.



#### ADD GRATED PARMESAN CHEESE

In the last 5 minutes of cooking time, sprinkle over the roast veggies.

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

