



Tender Tuscan-Style Chicken Drumsticks

with Potato Mash & Baby Leaves

SLOW-COOKER FRIENDLY

Grab your meal kit with this number

23



Garlic



Carrot



Celery



Chicken Drumsticks



Garlic & Herb Seasoning



Diced Tomatoes with Garlic & Onion



Chicken-Style Stock Powder



Potato



Grated Parmesan Cheese



Baby Leaves



Chicken Thigh



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 4 hrs-4 hrs 10 mins

1 Eat Me Early

The best things in life take time, and this dish is no exception. Sit back and let the clock transform chicken drumsticks into melt-in-your-mouth goodness, in a hearty tomato-based stew. Once it's all done, pile it generously onto silky Parmesan mash for this unforgettable meal.

Pantry items

Olive Oil, Plain Flour, Brown Sugar, Milk, 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

Large frying pan · Slow cooker or Large ovenproof saucepan with a lid (or foil) · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
celery	1 stalk	2 stalks
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
plain flour*	2 tbs	¼ cup
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	½ tbs	1 tbs
water*	¾ cup	1 ½ cup
potato	2	4
grated Parmesan cheese	1 medium packet	1 large packet
milk*	2 tbs	¼ cup
butter* (for the mash)	40g	80g
baby leaves	1 small packet	1 medium packet
butter* (for the sauce)	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4143kJ (990cal)	294kJ (70cal)
Protein (g)	54.8g	3.9g
Fat, total (g)	55.3g	3.9g
- saturated (g)	26g	1.8g
Carbohydrate (g)	66.1g	4.7g
- sugars (g)	36.4g	2.6g
Sodium (mg)	2082mg	147.8mg
Dietary Fibre (g)	10.5g	0.7g

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.

We're here to help!

Scan here if you have any questions or concerns

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1 Prep the chicken

- Finely chop **garlic**.
- Roughly chop **carrot** and **celery**.
- In a medium bowl, combine **chicken drumsticks**, the **plain flour** and a generous pinch of **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Shake off remaining **flour** and cook **chicken drumsticks**, turning, until browned on all sides, **3-4 minutes** (the chicken will finish cooking in step 3!). Transfer to slow cooker.



4 Make the mash

- When the stew has **20 minutes** remaining, boil the kettle. Peel **potato** and cut into large chunks.
- 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 **grated Parmesan cheese**, the **milk** and **butter (for the mash)** to **potato**, then season with **salt**. Mash until smooth and cover to keep warm.



2 Prep the sauce

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **celery** until tender, **3-4 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook, until fragrant, **1-2 minutes**. Stir through **diced tomatoes with garlic & onion**, **chicken-style stock powder**, the **brown sugar** and **water**.



5 Bring it all together

- When the stew is ready, stir through **baby leaves** and the **butter (for the sauce)** until leaves are wilted. Season to taste.

TIP: Add a splash of water if the sauce mixture looks too thick.



3 Slow cook the chicken

- Transfer 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**. Season to taste.

TIP: No slow cooker? Preheat the oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with a lid (or tightly with foil). Bake until chicken is tender and cooked through (when no longer pink inside), 90 minutes.



6 Serve up

- Divide mash between bowls.
- Top with tender Italian chicken stew to serve. Enjoy!

CUSTOM OPTIONS



SWAP TO CHICKEN THIGH

Follow method above, turning each hour.



DOUBLE GRATED PARMESAN CHEESE

Follow method above.

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

