



Honey BBQ Chicken Drumsticks

with Coconut Rice, Crisp Slaw & Aioli

KID FRIENDLY

Grab your meal kit with this number

41



Chicken Drumsticks



Barbecue Seasoning



Coconut Milk



Jasmine Rice



Sweetcorn



Shredded Cabbage Mix



Baby Leaves



Spring Onion



Garlic Aioli



Chicken Drumsticks



Chicken Breast

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

Eat Me Early

This smoky and sticky delight uses barbecue seasoning and honey to coat baked chicken drumsticks for abundant flavours you can only dream of. Serve with a bed of creamy coconut rice and crunchy slaw for a crave-worthy dinner that's as pretty as a picture.

Pantry items

Olive Oil, White Wine Vinegar, Honey

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 baking dish · Medium saucepan with a lid

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
barbecue seasoning	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets
water*	¾ cup	1½ cups
jasmine rice	1 medium packet	1 large packet
sweetcorn	1 medium tin	2 medium tins
shredded cabbage mix	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
honey*	1 tsp	2 tsp
spring onion	1 stem	2 stems
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3443kJ (823cal)	301kJ (72cal)
Protein (g)	48.8g	4.3g
Fat, total (g)	48.2g	4.2g
- saturated (g)	21.7g	1.9g
Carbohydrate (g)	73.4g	6.4g
- sugars (g)	8.4g	0.7g
Sodium (mg)	903mg	79mg
Dietary Fibre (g)	5.2g	0.5g

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**.
- In a medium baking dish, add **chicken drumsticks**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss to coat, then bake for **20 minutes**.
- Remove from oven, then add **barbecue seasoning**. Toss to coat and spoon any juices over chicken. Bake until chicken is golden brown and cooked through (when no longer pink inside), **15-20 minutes**.

TIP: The spice blend will char slightly, this adds flavour to the dish!

3



Toss the slaw

- When the chicken has **10 minutes** cook time remaining, drain **sweetcorn**.
- In a medium bowl, combine **shredded cabbage mix**, **sweetcorn**, **baby leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season and set aside.
- To the baking dish with the drumsticks, add the **honey** and turn **chicken** to coat.

Little cooks: Take the lead by tossing the slaw!

2



Make the coconut rice

- Meanwhile, in a medium saucepan, add **coconut milk**, the **water** and a generous pinch of **salt**, then bring to the boil.
- Add **jasmine rice**, stir, cover with a lid and reduce heat to low.
- Cook for **15 minutes**, then remove pan from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam, so don't peek!

4



Serve up

- Thinly slice **spring onion**.
- Divide coconut rice, honey BBQ chicken drumsticks and crisp slaw between plates.
- Garnish with spring onion. Serve with a dollop of **garlic aioli**. Enjoy!

Little cooks: Help sprinkle over the spring onion and dollop over the aioli.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS

+ **DOUBLE CHICKEN DRUMSTICKS**
Follow method above.

↻ **SWAP TO CHICKEN BREAST**
Cut into 2cm chunks. Pan-fry with seasoning until cooked through, 4-6 minutes. Toss with honey.

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

