

Hearty Chicken Drumsticks & Red Wine Jus

with Steamed Broccoli

SLOW-COOKER FRIENDLY

Grab your meal kit with this number


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Recipe Update
 We've replaced the green beans in this recipe with broccoli due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

-  Baby Rainbow Carrots
-  Onion
-  Garlic
-  Rosemary
-  Chicken Drumsticks
-  Classic Roast Seasoning
-  Tomato Paste
-  Red Wine Jus
-  Chicken-Style Stock Powder
-  Potato
-  Broccoli

-  Grated Parmesan Cheese
-  Diced Bacon

Prep in: **25-35 mins**
 Ready in: **4 hours - 4 hours 10 mins**
 Eat Me Early  Protein Rich

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 rich, red-wine based sauce. Served over silky mashed potatoes with tender broccoli, this meal is well worth the wait.

Pantry items
 Olive Oil, Plain Flour, Brown Sugar, Butter, Milk

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 Ovenproof saucepan · Medium saucepan with lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby rainbow carrots	1 large packet	2 large packets
onion	½	1
garlic	2 cloves	4 cloves
rosemary	2	4
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
plain flour*	2 tbs	¼ cup
classic roast seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
red wine jus	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	¾ cup	1½ cups
potato	2	4
broccoli	1 head	2 heads
butter*	40g	80g
milk*	2 tbs	4 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2787kJ (666Cal)	375kJ (89Cal)
Protein (g)	48.5g	6.5g
Fat, total (g)	27.4g	3.7g
- saturated (g)	7.3g	1g
Carbohydrate (g)	52g	7g
- sugars (g)	12.2g	1.6g
Sodium (mg)	1335mg	180mg
Dietary Fibre (g)	13.8g	1.9g

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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Get prepped

1. Cut baby rainbow **carrots** into bite-sized chunks. Roughly chop **onion** (see ingredients). Finely chop **garlic**. Pick and finely chop **rosemary**.
2. In a medium bowl, combine **chicken drumsticks**, the **plain flour** and a generous pinch of **salt** and **pepper**.
3. In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken**, turning, until browned on all sides, **3-4 minutes**. Transfer to slow cooker.
4. Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **onion** until tender, **2-3 minutes**. Add **classic roast seasoning**, **garlic**, **rosemary** and **tomato paste**, and cook until fragrant, **1-2 minutes**.



Make the mash & steam the broccoli

1. When the chicken has **20 minutes** remaining, bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Chop **broccoli** (including stalk!) into small florets. Cook **potato** in the boiling water over medium-high heat until easily pierced with a fork, **12-15 minutes**.
2. In the **last 8 minutes** of cook time, place a colander or steamer basket on top, then add **broccoli**. Cover and steam until the **broccoli** is tender, **7-8 minutes**. Transfer **broccoli** to a bowl. Season, then set aside.
3. Drain **potatoes** and return to saucepan. Add the **butter**, **milk** and season generously with **salt**. Mash until smooth and cover to keep warm.

CUSTOM OPTIONS

+ ADD GRATED PARMESAN CHEESE
Sprinkle over before serving.

+ ADD DICED BACON
In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

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



Make it saucy

1. Stir through **red wine jus**, **chicken-style stock powder**, the **brown sugar** and **water**. Transfer to slow cooker and set cooking temperature to high.
2. Place lid on slow cooker and cook, turning each hour, until chicken is tender and the meat is falling off the bone, **4 hours**.

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



Serve up

1. Divide mash and hearty chicken drumsticks between bowls.
2. Serve with steamed broccoli. Enjoy!