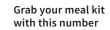


Smokey Chicken Drumsticks & Rainbow Veg with Truffle Mayonnaise & Roasted Almonds

KIWI FLAVOURS









Chicken Drumsticks





Orange Kumara

Parsnip





Broccoli Florets

Slivered Almonds



Mayonnaise









Tried and true chicken and veg just had a major makeover! This chicken is marinated in Kiwi seasoning for a 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 \cdot 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
Kiwi spice blend	1 sachet	2 sachets
butter*	20g	40g
orange kumara	1 (medium)	1 (large)
parsnip	1	2
broccoli florets	1 medium packet	1 large packet
slivered almonds	1 packet	2 packets
Italian truffle mayonnaise	1 packet	2 packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3469kJ (829cal)	534kJ (127cal)
Protein (g)	50.6g	7.8g
Fat, total (g)	46.3g	7.1g
- saturated (g)	13g	2g
Carbohydrate (g)	52.6g	8.1g
- sugars (g)	14.8g	2.3g
Sodium (mg)	883mg	136mg
Dietary Fibre (g)	9.3g	1.4g

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.



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



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 cook time, remove tray from oven, add the broccoli florets and further roast, until tender, 10 minutes.
- In the last 5 minutes of cook time, add slivered almonds to one side of the tray and toast until golden.



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



Serve up

- · Divide smokey chicken and rainbow veggies between plates.
- Sprinkle with toasted almonds. Serve with truffle mayonnaise. Enjoy!

TIP: If your oven tray is crowded, divide between two trays.



