

Smokey Chicken Drumsticks & Rainbow Veg

with Truffle Mayonnaise & Roasted Almonds

KIWI FLAVOURS

Grab your meal kit
with this number

23



Chicken Drumsticks



Kiwi Spice Blend



Orange Kumara



Parsnip



Broccoli Florets



Slivered 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 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 · 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.

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 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!

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 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.

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

CUSTOM OPTIONS



DOUBLE CHICKEN DRUMSTICKS

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

In the last 5 minutes of cook time, sprinkle over veggies and return to the oven until melted.

2



Get prepped

- 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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



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

