

Ginger Teriyaki Chicken Drumsticks

with Garlic Veggies & Fresh Chilli

SLOW-COOKER FRIENDLY

Grab your meal kit with this number

23



Onion



Garlic



Sweet Soy Seasoning



Chicken Drumsticks



Ginger Paste



Teriyaki Sauce



Carrot



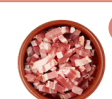
Green Beans



Fresh Chilli (Optional)



Jasmine Rice



Diced Bacon



Chicken Thigh

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

Protein Rich

Eat Me Early

This comforting dish combines Asian flavours and slow-cooker goodness. A little bit of patience is required, but this low-labour cooking technique results in falling-off-the-bone chicken drumsticks and meltingly tender onions flavoured with garlic, ginger and teriyaki. Simple accompaniments of fluffy rice and garlic veggies allow this meal to shine!

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
onion	½	1
garlic	3 cloves	6 cloves
sweet soy seasoning	1 sachet	2 sachets
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
ginger paste	1 medium packet	1 large packet
teriyaki sauce	1 medium packet	2 medium packets
water*	¾ cup	1½ cups
carrot	1	2
green beans	1 medium packet	2 medium packets
fresh chilli  (optional)	½	1
jasmine rice	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2681kJ (460cal)	460kJ (79cal)
Protein (g)	45.5g	7.8g
Fat, total (g)	28.4g	4.9g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	50.4g	8.6g
- sugars (g)	17.8g	3.1g
Sodium (mg)	1073mg	184mg
Dietary Fibre (g)	8.8g	1.5g

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 Cook the chicken

- Slice **onion** (see ingredients) into wedges. Finely chop **garlic**.
- In a medium bowl, combine **sweet soy seasoning** and a drizzle of **olive oil**. Add **chicken drumsticks** and toss to combine.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chicken drumsticks**, until browned on all sides, **3-4 minutes** (the chicken will finish cooking in the slow cooker!).
- Add **ginger paste** and half the **garlic** and cook until fragrant, **1 minute**.



4 Cook the rice

- Half-fill a medium saucepan with boiling water.
- Add **jasmine rice** and a pinch of **salt** and cook, uncovered, over high heat until tender, **12-14 minutes**. Drain and set aside.



2 Slow cook the chicken

- Transfer **chicken drumsticks** to the slow cooker. Add **onion**, **teriyaki sauce**, the **water** and a pinch of **salt** to the slow cooker and set cooking temperature to high.
- Place lid on the slow cooker and cook until chicken is tender and cooked through (when no longer pink inside), **4-5 hours**.

TIP: No slow cooker? Preheat oven to 240°C/220°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with a lid (or tightly with foil) and cook until chicken is tender and cooked through (when no longer pink inside), 25 minutes.



5 Cook the veggies

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**.
- Add remaining **garlic** and cook, until fragrant, **1 minute**. Season to taste.

TIP: Add a dash of water to the pan to help speed up the cooking process.



3 Get prepped

- When the chicken has **15 minutes** remaining, boil the kettle.
- Thinly slice **carrot** into sticks.
- Trim **green beans**.
- Thinly slice **fresh chilli** (if using).



6 Serve up

- Divide jasmine rice between bowls.
- Top with ginger teriyaki chicken drumsticks and garlic veggies.
- Garnish with **chilli** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS

+ ADD DICED BACON

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

↻ SWAP TO CHICKEN THIGH

Follow method above, turning each hour.

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

