

# Foolproof Apricot Chicken Drumsticks

with Roasted Cauliflower & Celery Slaw

Grab your meal kit with this number

39



Chicken Drumsticks



Mumbai Spice Blend



Apricot Sauce



Cauliflower



Celery



Shredded Cabbage Mix



Mayonnaise



Chicken Drumsticks



Chicken Breast

Prep in: 15-25 mins  
Ready in: 40-50 mins

Carb Smart

Protein Rich

Eat Me Early

Mumbai-spiced chicken drumsticks pair perfectly with the sweet and fruity flavour of apricots for a match made in food heaven. Add a crunchy celery slaw for freshness and lots of texture and you're on to a winner!

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	refer to method	refer to method
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
apricot sauce	1 medium packet	2 medium packets
cauliflower	2 medium portions	2 large portions
celery	1 stalk	2 stalks
shredded cabbage mix	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2604kJ (437cal)	437kJ (73cal)
Protein (g)	46.2g	7.8g
Fat, total (g)	37g	6.2g
- saturated (g)	8.6g	1.4g
Carbohydrate (g)	22.4g	3.8g
- sugars (g)	18.5g	3.1g
Sodium (mg)	581mg	97.5mg
Dietary Fibre (g)	3.9g	0.7g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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## Bake the drumsticks

- Preheat oven to **220°C/200°C fan-forced**.
- In a baking dish, combine **chicken drumsticks**, **Mumbai spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Bake for **20 minutes**.
- Remove from oven, then add **apricot sauce**. Toss to combine and spoon over any **juices**.
- Bake until chicken is golden brown and cooked through, **15-20 minutes**.

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

**TIP:** Chicken is cooked through when it's no longer pink inside.

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## Make the slaw

- Meanwhile, thinly slice **celery**.
- In a large bowl, combine **celery**, **shredded cabbage mix** and a drizzle of **vinegar** and **olive oil**. Season to taste.

2



## Roast the cauliflower

- Meanwhile, chop **cauliflower** (including stalk!) into small florets.
- Place **cauliflower** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

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

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## Finish & serve

- Divide apricot chicken drumsticks, roasted cauliflower and celery slaw between plates.
- Spoon over any remaining sauce from baking dish.
- Serve with **mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW02



**CUSTOM  
OPTIONS**



### DOUBLE CHICKEN DRUMSTICKS

Follow method above, cooking in batches if necessary.



### SWAP TO CHICKEN BREAST

Cut horizontally into steaks. Season as above. In a frying pan, cook for 3-6 minutes each side. Glaze with apricot sauce.

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

