

Hearty Chicken Drumsticks & Red Wine Jus

with Steamed Green Beans & Potato Mash

SLOW-COOKER FRIENDLY

Grab your meal kit with this number

23



Carrot



Onion



Garlic



Rosemary



Chicken Drumsticks



Classic Roast Seasoning



Tomato Paste



Red Wine Jus



Chicken-Style Stock Powder



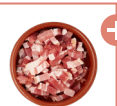
Potato



Green Beans



Grated Parmesan Cheese



Diced Bacon

Prep in: 25-35 mins
Ready in: 4 hrs - 4 hrs 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 green beans, 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 a lid

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| onion | ½ | 1 |
| garlic | 2 cloves | 4 cloves |
| rosemary | 2 sticks | 4 sticks |
| 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 |
| green beans | 1 small packet | 1 medium packet |
| butter* | 40g | 80g |
| milk* | 2 tbs | ¼ cup |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2843kJ (679Cal) | 383kJ (91Cal) |
| Protein (g) | 48.7g | 6.6g |
| Fat, total (g) | 27.1g | 3.6g |
| - saturated (g) | 7.3g | 1g |
| Carbohydrate (g) | 54.5g | 7.3g |
| - sugars (g) | 11.2g | 1.5g |
| Sodium (mg) | 1343mg | 181mg |
| Dietary Fibre (g) | 15.6g | 2.1g |

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

2025 | CW03



Get prepped

- Slice **carrot** into thick rounds. Roughly chop **onion** (see ingredients). Finely chop **garlic**. Pick and finely chop **rosemary**.
- In a medium bowl, combine **chicken drumsticks**, the **plain flour** and a generous pinch of **salt** and **pepper**.
- 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.
- 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 green beans

- When the chicken has **20 minutes** remaining, bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Trim **green beans**. Cook **potato** in the boiling water over medium-high heat until easily pierced with a fork, **12-15 minutes**.
- In the **last 8 minutes** of cook time, place a colander or steamer basket on top, then add **green beans**. Cover and steam until **green beans** are tender, **7-8 minutes**. Transfer **beans** to a bowl. Season, then set aside.
- Drain **potatoes**, then return to the saucepan. Add the **butter** and **milk**, then season generously with **salt**. Mash until smooth.

CUSTOM OPTIONS

+ ADD GRATED PARMESAN CHEESE
Add to the potatoes, along with butter, milk and salt. Mash until smooth.

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

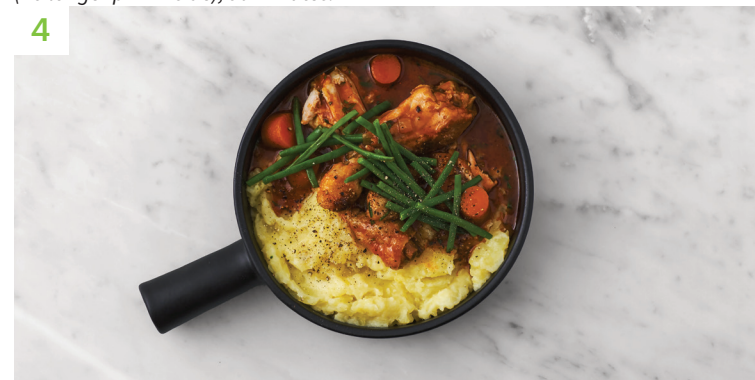
If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



Make it saucy

- To the pan, add **red wine jus**, **chicken-style stock powder**, the **brown sugar** and the **water**, then stir to combine. Transfer to slow cooker and set cooking temperature to high.
- 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. Prep chicken 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.



Finish & serve

- Divide mash and hearty chicken drumsticks with jus between bowls.
- Serve with steamed green beans. Enjoy!

