



Teriyaki Chicken Drumsticks

with Garlic Rice & Asian Veggies

Grab your Meal Kit with this symbol



Garlic



Ginger



Lemon



Teriyaki Sauce



Thai Seven Spice Blend



Chicken Drumsticks



Basmati Rice



Baby Broccoli



Green Beans



Asian Greens



Crushed Peanuts

Hands-on: 25-35 mins
Ready in: 55-65 mins

Eat Me Early

Roasted in the oven and with tasty, slightly charred edges, chicken drumsticks are an easy and delicious way to enjoy Asian-inspired flavours. Served with fragrant garlic rice plus crunchy greens and peanuts, this mild meal is a family winner!

Pantry items

Olive Oil, Soy Sauce, Brown Sugar, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large baking dish · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
ginger	1 knob	2 knobs
lemon	½	1
teriyaki sauce	1 packet (65g)	1 packet (130g)
Thai seven spice blend	1 sachet	1 sachet
soy sauce*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
chicken drumsticks	1 packet	1 packet
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
baby broccoli	1 bunch	1 bunch
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bag	1 bag
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3406kJ (814Cal)	614kJ (147Cal)
Protein (g)	45.2g	8.1g
Fat, total (g)	34.3g	6.2g
- saturated (g)	11.9g	2.1g
Carbohydrate (g)	77.1g	13.9g
- sugars (g)	12.8g	2.3g
Sodium (mg)	1866mg	336mg

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



Prep the drumsticks

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic**. Finely grate the **ginger**. Zest the **lemon** to get a pinch, then slice into wedges. In a large bowl, combine the **teriyaki sauce, Thai seven spice blend, ginger, soy sauce, brown sugar, lemon zest**, 1/2 the **garlic** and a squeeze of **lemon juice**. Add the **chicken drumsticks** and toss to coat. Transfer the marinated **chicken** to a baking dish lined with foil and arrange in a single layer.

2



Bake the chicken drumsticks

Bake the **chicken** for **20 minutes**. Remove from the oven, turn the **drumsticks** and spoon over any **juices** in the baking dish. Bake until the chicken is cooked through, a further **20-25 minutes**.

TIP: The spice blend will char slightly, this adds flavour to the dish! Chicken is cooked through when it's no longer pink inside.

3



Cook the garlic rice

While the chicken is cooking, heat the **butter** and a dash of **olive oil** in a medium saucepan over a medium heat. Cook the remaining **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice, water** and a pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

4



Get prepped

While the rice is cooking, trim the **baby broccoli** and **green beans**. Roughly chop the **Asian greens**.

5



Cook the veggies

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** and **green beans**, tossing, until tender, **5-6 minutes**. Add the **Asian greens** and cook until softened, **1-2 minutes**.

6



Serve up

Divide the garlic rice between plates and top with the teriyaki drumsticks and veggies. Spoon over the remaining sauce from the baking dish. Garnish with the **crushed peanuts** and serve with any remaining lemon wedges.

Enjoy!