







More Than Food
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Sticky Chicken Drumsticks with Herby Potatoes

This is a real family favourite, but the HelloFresh healthy version! Sticky chicken drumsticks (coated in our delicious BBQ sauce), herby roasted potatoes and a healthy coleslaw. We recommend using your hands for the chicken, instead of a knife and fork ... cutlery and chicken drumsticks are a tricky combination!

 45 mins

 2 of your 5 a day

 mild

 healthy

 family box



Chicken Drumstick (8)



BBQ Sauce (6 tbsp)



Honey (2 tbsp)



Dried Thyme (1 tbsp)



Red Potato (2 packs)



Carrot (2)



White Cabbage (1)



Lime (1)



Smoked Paprika (1 1/2 tsp)



Coriander (1 bunch)




Sour Cream (2 pots)

4 PEOPLE INGREDIENTS

- Chicken Drumstick
- BBQ Sauce
- Honey
- Dried Thyme
- Red Potato, chopped
- Carrot, grated

8
6 tbsp
2 tbsp
1 tbsp
2 packs
2

- White Cabbage, sliced 1
- Lime 1
- Smoked Paprika 1½ tsp
- Coriander, chopped 1 bunch
- Sour Cream 2 pots

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The first commercially produced BBQ sauce was by Louis Maull Co in the United States in 1923.

Vegetable Stock Pot Ingredients: Sugar and Cane Molasses (40%), Tomato Purée (17%) Water, Malt Vinegar (from **Barley**), Horseradish (4%), Worcestershire Sauce (Malt Vinegar (from **Barley**), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (**Fish**), Tamarind Extract, Onions, Garlic, Spice, Flavourings), Maple Syrup (3%) Soy Sauce (Water, Salt, **Soybean**, **Wheat** Flour), Thickener: Modified Maize Starch, Seasoning (Salt, Smoke Powder (Smoke Flavouring) Honey Powder, Natural Flavouring Extracts).

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	572 kcal / 2413 kJ	27 g	9 g	37 g	16 g	48 g	1 g
Per 100g	134 kcal / 565 kJ	6 g	2 g	9 g	4 g	11 g	0 g

1



1 Pre-heat your oven to 220 degrees. Pop the **chicken drumsticks** in a large bowl. Mix in two-thirds of the **BBQ sauce**, all of the **honey** and half the **dried thyme**. Season with a generous pinch of **salt** and a good grind of **black pepper**. Mix well to make sure your **drumsticks** are nicely coated. Pop them on a lined baking tray and roast on the top shelf of your oven for 30 mins. Turn after 15 mins to make sure they brown evenly.

2



2 Chop the **potato** into 2cm chunks (no need to peel!) and put on another baking tray. Sprinkle over the remaining **dried thyme**, a glug of **oil** and a generous pinch of **salt** and some **black pepper**. Mix well to make sure all the flavourings are evenly distributed and pop on the middle shelf of your oven for 25 mins, turning halfway to make sure it is evenly cooked.

3



3 Chop the tops and bottoms off the **carrot** and peel. Grate your **carrot** on the coarse side of your grater and pop into a mixing bowl. Cut the **cabbage** in half through the root. Chop out the root (see picture) and then slice as thinly as you can. Zest the **lime** on the fine side of your grater.

4



4 Add your **cabbage**, **smoked paprika**, **lime zest** and a generous pinch of **salt** to the mixing bowl. This is your coleslaw. Mix well and keep set aside. Roughly chop the **coriander** and keep to one side. Mix the remaining **BBQ sauce** with half of the **sour cream** and keep that to one side too.

5 When your **potato** and **chicken** are cooked, remove from your oven and switch your grill to its highest setting. Pop your **chicken drumsticks** under and grill them for 3 mins, to make sure they are sticky and the skin is super crispy.

6 Stir the remaining **sour cream** through your **coleslaw** and add the **coriander** if your family likes it. Finish your **drumsticks** with a squeeze of **lime juice** and get ready to serve!

7 Pop a generous amount of **potato** on each plate with two **sticky drumsticks** and a serving of **coleslaw**. Add a dollop of your **BBQ sour cream** and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!