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## Honey Soy Drumsticks with Roasted Carrots & Snow Peas

These sticky chicky drumsticks remind one of our HelloFresh HQers of their Mum's speciality chicken legs, a legend of the primary school cookbook. A favourite at school fetes and extended family barbeques, it's guaranteed to satisfy the hungry hoards no matter the occasion.

 **Prep:** 15 mins  
 **Cook:** 40 mins  
**Total:** 55 mins  
 **lactose free**

 **level 1**  
 **helping hands**

### Pantry Items



Soy Sauce



Honey



Olive Oil



Water



Oyster Sauce



Chinese Five Spice



Garlic



Lime



Chicken Drumsticks



Carrot



Snow Peas



Jasmine Rice



Sesame Seeds

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QTY	Ingredients	
3 tbs	salt-reduced soy sauce *	
3 tbs	honey *	
2 tbs	oyster sauce	
1 tsp	Chinese five spice ( <b>recommended amount</b> )	
1 clove	garlic, peeled & crushed	⊕
1	lime, juiced	⊕
1.2 kg	chicken drumsticks	
3	carrots, peeled & chopped into 3 cm chunks	
2 tsp	olive oil *	
1 ½ cups	Jasmine rice, rinsed well	
6 cups	water *	
200 g	snow peas, destring & chopped into 3 cm chunks	
1 tbs	sesame seeds	

⊕ Ingredients features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	3890	Kj
Protein	61.6	g
Fat, total	37.2	g
-saturated	10.5	g
Carbohydrate	83.9	g
-sugars	22.8	g
Sodium	1310	mg

2a



**You will need:** *chef's knife, chopping board, garlic crusher, sieve, medium bowl, large baking dish, oven tray lined with baking paper, medium saucepan and a colander.*

**1** Preheat the oven to **220°C/200°C fan-forced**.

**2** In a medium bowl combine the **salt-reduced soy sauce, honey, oyster sauce, Chinese five spice, garlic** and the **lime juice**. Place the **chicken drumsticks** in the base of a large baking dish. Pour over the marinade and toss to coat the chicken in the sauce. Cook the drumsticks in the oven for **35-40 minutes**, turning every **15 minutes** and basting in the sauce. Once cooked, remove the baking dish from the oven and reserve  $\frac{1}{4}$  cup of the sweet sauce.

**Tip:** If you have the time, marinating the chicken for at least **30 minutes** will increase the flavour of this dish.

2b



**3** Meanwhile, place the **carrot** onto the lined oven tray. Drizzle with the **olive oil** and season with **salt** and **pepper**. Cook in the oven for **20 minutes**, or until golden and crisp.

3



**4** In the last **15 minutes** of cooking the chicken, place the **Jasmine rice** and **water** into a medium saucepan and bring to the boil over a high heat. Reduce the heat to a simmer, uncovered, for **10-12 minutes** or until soft. Add the **snow peas** in the last **2 minutes** of cooking the rice. Drain. Return the rice and the snow peas back into the saucepan with the roasted carrot. Pour the reserved sauce into the rice. Stir to combine.

4



**5** To serve divide the rice between plates and top with the honey soy drumsticks and a sprinkling of the **sesame seeds**. Enjoy!

**Did you know?** Chinese 5 Spice contains the five elements of taste - sour, bitter, sweet, umami and salty.