

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

























Oyster Sauce

Chinese Five Spice

Lime

Chicken Drumsticks









Jasmine Rice Snow Peas

Sesame Seeds

	QTY	Ingredients		Hingredients featu	
	3 tbs	salt-reduced soy sauce *		in another	recipe
	3 tbs	honey *			
	2 tbs	oyster sauce		* Pantry Iten	ns
	1 tsp	Chinese five spice (recommended amount)			
	1 clove	garlic, peeled & crushed	+	Pre-preparation	
	1	lime, juiced	1		
	1.2 kg	chicken drumsticks		Nutrition per serve	
	3	carrots, peeled & chopped into 3 cm chunks		Energy	3890
	2 tsp	olive oil *		Protein	61.6
	1 ½ cups	Jasmine rice, rinsed well		Fat, total	37.2
	6 cups	water *		-saturated	10.5
	200 g	snow peas, destrung & chopped into 3 cm chunks		Carbohydrate	83.9
	1 tbs	sesame seeds		-sugars	22.8

(1)	Ingredients features in another recipe
*	Pantry Items

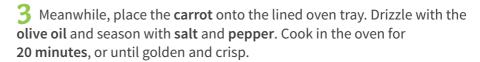
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-saturated	10.5	g		
Carbohydrate	83.9	g		
-sugars	22.8	g		
Sodium	1310	mg		



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.

- 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 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.



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.

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.





