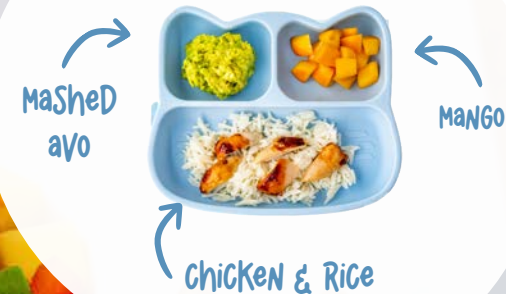


for the
little ones

Sticky DRUMSTICKS

Sticky orange chicken drumsticks served with sweet coconut rice and an exotic fresh stone fruit salsa. Summer on a plate!



35 Minutes



2 Servings



Chicken

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FROM YOUR BOX

ORANGE	1
CHICKEN DRUMSTICKS	4-pack
BASMATI RICE	150g
COCONUT MILK	165ml
MANGO	1
RED CAPSICUM	1
AVOCADO	1

FROM YOUR PANTRY

salt, pepper, olive oil, sweet chilli sauce (or use BBQ or tomato sauce), soy sauce

COOKING TOOLS

oven dish, saucepan

This dish would be lovely served with a simple veggie stir-fry also! You can swap mango for cucumber, tomatoes, fresh herbs or chilli.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. Make the marinade

Set oven to 220°C.

Mix zest and juice from **1/2 orange** with **1 tbsp sweet chilli sauce** and **1 tbsp soy sauce** in a lined oven dish.

tip You can BBQ this chicken if you prefer! Use BBQ sauce or tomato sauce for another marinade option.



4. Prepare the salsa

Dice **mango**, **red capsicum** and **avocado**. Toss in a serving bowl with **olive oil**, **salt** and **pepper**.

tip Stir through 1 tbsp sweet chilli sauce or add onion or fresh herbs for an extra flavour boost!



2. Cook the chicken

Slash **chicken** and coat in marinade. Roast for roughly 25 minutes or until cooked through.

tip Slashing the chicken means making a few cuts through the meat into the bone; it reduces the cooking time and allows more marinade to soak in!



5. Finish and serve

Serve drumsticks with coconut rice and fresh salsa at the table.



3. Cook the coconut rice

Meanwhile, place **rice**, **coconut milk**, **1 cup water** and **1/2 tsp salt** in a saucepan. Bring to a boil, cover and cook over medium-low heat for 15 minutes. Take off heat and stand for 5 minutes. Stir carefully with a fork.

tip You can serve the chicken with plain rice if you prefer!