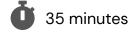




BBQ Chicken Drumsticks

with Wedges

Smokey BBQ rubbed chicken drumsticks with garlic and pepper berry, served alongside crispy potato wedges with a parsley and orange dressing. Full of flavour and tastiness!





2 servings



Make a salsa verde!

You can chop the parsley and combine it with the remaining dressing ingredients instead of blending! Add some chopped capers if you have some.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
32g 47g 64g

FROM YOUR BOX

MEDIUM POTATOES	3
OZZIE BBQ SPICE RUB	1 sachet
CHICKEN DRUMSTICKS	4-pack
ORANGE	1
PARSLEY	1 packet
GARLIC CLOVE	1
AVOCADO	1
CARROT	1
MESCLUN LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dijon mustard, vinegar of choice

KEY UTENSILS

oven tray, stick mixer or blender

NOTES

You can cook the drumsticks on the BBQ if preferred! Roast the potatoes for 20-25 minutes in the oven.

Sweeten the dressing with a dash of honey or sugar if preferred.

Any leftover spice mix is great on roast veggies, beef steaks or stirred through yoghurt to make a dip!



1. PREPARE THE POTATOES

Set oven to 250°C.

Cut potatoes into wedges, toss on a lined oven tray with 1 tsp BBQ rub and oil.



2. ADD THE CHICKEN

Slash chicken drumsticks in 3-4 places. Rub with 2 tsp BBQ rub and oil. Place on the same tray and cook for 20-25 minutes or until cooked through (see notes).



3. MAKE THE DRESSING

Zest orange to yield 2 tsp. Place into a jug with juice from 1/2 orange, roughly chopped parsley and garlic, 1 tsp mustard, 1/2 tbsp vinegar and 3 tbsp olive oil. Using a stick mixer blend until smooth and season with salt and pepper (see notes).



4. MAKE THE SALAD

Dice remaining orange. Slice avocado and ribbon carrot using a peeler. Toss together with mesclun leaves and 1 tbsp dressing.



5. FINISH AND SERVE

Serve chicken with wedges, salad and remaining dressing.

