



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sesame Seeds


These little seeds add flavour and crunch to salads, noodles, stir-fries and baked goods, and they're high in copper, manganese and calcium. Toast in a dry frypan to bring out their subtle nutty flavour.



B4 Sticky Soy Drumsticks

Oven baked chicken drumsticks with a sticky soy and honey marinade, alongside a rainbow of garlic stir-fry veggies, served with basmati rice.

 30 minutes

 4 servings

 Chicken

25 March 2022

Switch the Side!

Want to hide the veg? Chop the stir-fry veggies smaller and toss with the cooked rice in a wok with some soy sauce to make fried rice!

FROM YOUR BOX

BASMATI RICE	300g
CHICKEN DRUMSTICKS	8-pack
HONEY SHOTS	2
GARLIC CLOVES	2
ASIAN GREENS	1 bunch
SPRING ONIONS	4
RED CAPSICUM	1
CARROT	1
SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking , soy sauce, Chinese five spice (see notes)

KEY UTENSILS

frypan, oven dish, saucepan with lid

NOTES

Slashing the chicken will reduce the cook time as well as allow more surface area for the marinade.

You can leave the Chinese five spice out of the marinade or substitute with ground coriander if preferred.

You can use sesame oil to cook the veggies for extra flavour.



1. COOK THE RICE

Set oven to 220°C.

Place rice in a saucepan, cover with 1.5 x amount of water. Cover with a lid, cook on lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



2. BAKE THE CHICKEN

Slash chicken and place in a lined oven dish (see notes). Toss with honey, 1 crushed garlic clove, **1 tsp Chinese five spice**, **1/3 cup soy sauce** and **2 tbsp oil** until coated. Bake in oven for 20 minutes or until cooked through.



3. PREPARE THE VEGGIES

Trim and slice Asian greens and spring onions. Slice capsicum and carrot.



4. COOK THE VEGGIES

Heat a large frypan or wok over medium-high heat with **oil** (see notes). Add prepared vegetables along with 1 crushed garlic clove. Cook for 5-6 minutes until tender.



5. FINISH AND SERVE

Sprinkle sesame seeds over chicken drumsticks. Serve with rice and stir-fry vegetables.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

