



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Dried Apricots

Dried apricots add a lovely natural sweetness to this dish! They are high in fibre and a good source of vitamin C.



F2

## Chicken Drumsticks

### with Roasted Veg and Lemon Dressing

Chicken drumsticks and a rainbow of vegetables roasted in fragrant spices served with a fresh lemon and parsley dressing and sweet dried apricots.



35 minutes



2 servings



Chicken

11 November 2022

## Spice it up!

*Make apricot sauce! Soak apricots to soften. Use a stick mixer to blend with ingredients from lemon dressing, minus the parsley. Roughly chop parsley and use it to garnish.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	52g	34g	73g



## FROM YOUR BOX

CHICKEN DRUMSTICKS	4-pack
SWEET POTATOES	1 bag (400g)
RED ONION	1
CHERRY TOMATOES	200g
LEMON	1
PARSLEY	1 packet
DRIED APRICOTS	1 packet (50g)
GREEN BEANS	1 packet (150g)

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander, ground turmeric, soy sauce (or tamari)

## KEY UTENSILS

oven tray, oven dish, kettle

## NOTES

Slashing the chicken will reduce the cooking time as well as allow more surface area for the marinade. Alternatively, you can BBQ the chicken instead of roasting it.



### 1. ROAST THE DRUMSTICKS

Set oven to 220°C and boil kettle.

Slash drumsticks (see notes) and place in a lined oven dish. Coat with **oil, 2 tsp coriander, 1 1/2 tsp turmeric, salt and pepper**. Roast for 25 minutes or until chicken is cooked through.



### 2. ROAST THE VEGETABLES

Slice sweet potatoes and wedge onion. Toss on a lined oven tray along with cherry tomatoes, **oil, salt and pepper**. Roast for 15 minutes (see step 4).



### 3. MAKE THE LEMON DRESSING

Zest and juice lemon. Finely chop parsley leaves. Add to a bowl with **2 tbsp olive oil, 1 tsp soy sauce, 1 tbsp water** and **pepper**.

Roughly chop apricots. Add to a bowl and cover with **hot water** from kettle.



### 4. ADD THE GREEN BEANS

Trim and halve green beans. Add to oven tray with vegetables. Toss to combine and return to the oven for a further 5 minutes.



### 5. FINISH AND SERVE

Drain apricots.

Divide roasted vegetables among plates along with drumsticks. Add apricots and spoon over lemon dressing.

**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**

