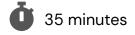


# **Chicken Drumsticks**

## 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.







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.

TOTAL FAT CARBOHYDRATES

52g

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.



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.



