



Product Spotlight: Coriander

The whole coriander plant is edible, with its roots carrying the most flavour! You either love or hate coriander; this all comes down to genetics!



Arroz con Pollo

Free-range chicken drumsticks roasted in a peri-peri spice mix and served over fragrant, veggie-packed brown basmati rice garnished with fresh coriander.



35 minutes



4 servings



Chicken

8 September 2023

Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli, slices of fresh red chilli or jalapeño!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	23g	65g

FROM YOUR BOX

CHICKEN DRUMSTICKS	8-pack
PERI PERI SPICE MIX	1 packet
BROWN ONION	1
CORIANDER	1 packet
RED CAPSICUM	1
TOMATOES	3
GARLIC CLOVES	2
BROWN BASMATI RICE	300g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, oven dish

NOTES

For added flavour, substitute water with chicken or vegetable stock.



1. BAKE THE DRUMSTICKS

Set oven to 220°C.

Place drumsticks in a lined oven dish and slash in 2-4 places. Toss with **oil**, 3 tsp spice mix, **salt and pepper**. Bake for 25-30 minutes until chicken is cooked through.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **oil**. Slice onion and finely chop coriander stems (reserve leaves for garnish). Add to pan as you go. Sauté for 3-5 minutes until onion is softened.



3. ADD THE VEGETABLES

Dice capsicum, wedge tomatoes and crush garlic cloves. Add to pan along with remaining spice mix. Cook, stirring, for 3 minutes until tomatoes soften.



4. ADD THE RICE & SIMMER

Add rice to pan along with **3 1/2 cups water** (see notes). Simmer, covered, for 15-20 minutes until rice is tender. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Serve rice tableside with drumsticks. Garnish with coriander leaves.



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