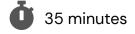




Chicken Drumsticks

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.







Switch 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.

TOTAL FAT CARBOHYDRATES

51g 27g

68g

FROM YOUR BOX

| CHICKEN DRUMSTICKS | 8-pack |
|--------------------|-----------------|
| SWEET POTATOES | 1kg |
| RED ONION | 1 |
| CHERRY TOMATOES | 2 x 200g |
| LEMON | 1 |
| PARSLEY | 1 packet |
| DRIED APRICOTS | 1 packet (100g) |
| GREEN BEANS | 1 packet (250g) |
| | |

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, 1 tbsp coriander, 3 tsp turmeric, salt and pepper. Roast for 25 minutes or until chicken is cooked through.



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.



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.



5. FINISH AND SERVE

Drain apricots.

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



