



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Green Beans

Green beans are full of cholesterol-lowering soluble fibre, as well as vitamins and minerals for healthy eyes and bones!



## 2 Island Spiced Chicken Drumsticks with Rice Salad

Oven baked chicken drumsticks featuring the wonderful flavours of GH Produce's Island Spice Mix. Paired with a simple vegetable and rice salad.

 35 minutes

 2 servings

 Chicken

24 September 2021

*Keep it separate!*

*Skip the rice salad and serve the chicken with plain rice, veggies and dressing on the side.*

## FROM YOUR BOX

BASMATI RICE	150g
CHICKEN DRUMSTICKS	4-pack
ISLAND SPICE MIX	1 sachet (30g)
BASIL	1 packet (20g)
RED CAPSICUM	1/2 *
SNOW PEA SPROUTS	1/3 punnet *
SPRING ONIONS	1/4 bunch *
GREEN BEANS	1/2 bag (75g) *
SULTANAS	1 packet (40g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, oil for cooking, salt, pepper, vinegar (red or white wine), honey (or sweetener of choice)

## KEY UTENSILS

saucepan, oven tray, frypan

## NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

Add some mayonnaise or yoghurt when serving for dipping the chicken.



### 1. COOK THE RICE

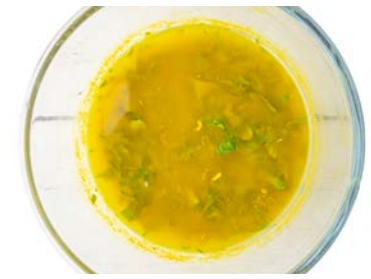
Set oven to 220°C.

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10–15 minutes. Remove from heat, let stand for 5 minutes. Stir carefully with a fork.



### 2. COOK THE CHICKEN

Slash drumsticks in 2–3 places. Place on a lined oven tray and rub with oil and 1 tbsp Island Spice mix. Place in oven and cook for 25–30 minutes or until cooked through.



### 3. MAKE THE DRESSING

Roughly chop basil.

Whisk to combine half of the basil with 2 tsp reserved spice mix, **2 tbsp vinegar**, **2 tbsp olive oil**, **1/2 tsp honey**, and **salt and pepper** to taste.



### 4. MAKE THE SALAD

Dice capsicum and halve sprouts.

Heat a frypan over medium heat with oil. Slice and cook spring onions and beans for 2–3 minutes. Add to a large bowl with capsicum, sprouts, rice, sultanas and dressing. Season with **salt and pepper**.



### 5. FINISH AND SERVE

Serve drumsticks with rice salad. Garnish with remaining basil.

**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**

