



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

 4 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	300g
CHICKEN DRUMSTICKS	8-pack
ISLAND SPICE MIX	1 sachet (30g)
BASIL	1 packet (60g)
LEBANESE CUCUMBER	1
RED CAPSICUM	1
SPRING ONIONS	1/4 bunch *
GREEN BEANS	1/2 bag (125g) *
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

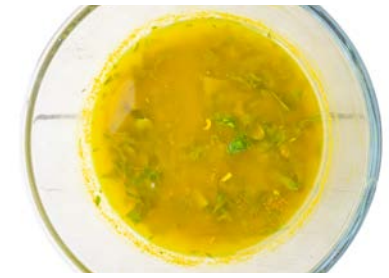
Set oven to 220°C.

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 Island Spice mix (reserve 2 tsp for dressing). 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, **3 tbsp vinegar**, **3 tbsp olive oil**, **1 tsp honey**, and **salt and pepper** to taste.



4. MAKE THE SALAD

Dice cucumber and capsicum.

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 cucumber, capsicum, 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**

