



Product Spotlight: Sweet Potato

Sweet potato is high in fibre, very filling, and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



Honey BBQ Drumsticks with Wedges and Coleslaw

Chicken drumsticks barbecued with buffalo spice, served with barbecued corn, roasted sweet potato wedges, creamy coleslaw and home-made barbecue sauce.

 35 minutes

 2 servings

 Chicken

Roast it!

If you would prefer, you can roast the drumsticks and corn on a second oven tray while the sweet potato wedges roast.

Per serve: **PROTEIN** 58g **TOTAL FAT** 70g **CARBOHYDRATES** 85g

FROM YOUR BOX

SWEET POTATO	400g
CHICKEN DRUMSTICKS	4-pack
BUFFALO SPICE MIX	1 packet
CORN COB	1
TOMATO PASTE	1 sachet
HONEY	1 sachet
GREEN APPLE	1
COLESLAW	250g
AIOLI	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

KEY UTENSILS

BBQ (or griddle pan), oven tray

NOTES

For extra flavour, you can coat the corn in smoked paprika or ground cumin before barbecuing, or lime zest and juice to serve.

Buffalo spice mix: smoked paprika, ground sweet paprika, onion powder, ground cumin, garlic powder, yellow mustard powder.



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1. ROAST THE WEDGES

Set oven to 220°C.

Cut **sweet potato** into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes, or until tender and golden.



2. BBQ THE DRUMSTICKS

Heat BBQ over medium–high heat with **oil**. Slash **drumsticks** in 3–4 places. Coat with **oil, 3/4 packet buffalo spice mix** and **salt**. Add drumsticks to BBQ and cook for 25 minutes or until cooked through.



3. ADD THE CORN

Remove husks and silks from **corn cob** and coat with **oil**. Cut into cobbettes and add to BBQ for 10 minutes, turning occasionally, until cooked through. Season to taste with **salt and pepper** (see notes).



4. MAKE THE BBQ SAUCE

While chicken is cooking, heat a pan over medium heat. Add **1 tbsp oil, tomato paste** and **remaining buffalo spice mix**. Cook for 1 minute. Add **honey, 1 1/2 tbsp vinegar** and **3/4 cup water**. Simmer for 3–5 minutes. Season to taste with **salt and pepper**.



5. DRESS THE COLESLAW

Thinly wedge **apple**. Add to a large bowl along with **coleslaw** and **aioli**. Toss to combine. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve **wedges, drumsticks, corn** and **coleslaw** tableside along with **BBQ sauce**.

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