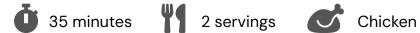


Asian Chicken Drumsticks

Oven baked ginger chicken drumsticks. Served with sticky rice and garlic stir-fry vegetables.







FROM YOUR BOX

CHICKEN DRUMSTICKS	4-pack
GINGER	1 piece
SUSHI RICE	150g
ASIAN GREENS	2 bulbs
RED CAPSICUM	1
CARROT	1
GARLIC CLOVE	1

FROM YOUR PANTRY

oil for cooking, soy sauce or stir-fry sauce (of choice)

NOTES

If you prefer a saucier dish, combine the stir-fry sauce with roughly 1/4 cup water in the oven dish. Season with more salt or soy sauce at the end.

If you have Chinese Five spice, you can add 1 tsp to the sauce or a pinch to the stir-fry vegetables for extra flavour!

1. COOK THE DRUMSTICKS

Set oven to 220°C. Slash chicken to the bone. Peel and grate ginger. Toss all together in a lined oven dish with 2 tbsp soy sauce or stir-fry sauce and 1 tbsp oil (see tip). Bake in oven for 20-25 minutes or until cooked through.



2. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 325ml water. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.

3. STIR-FRY THE VEGETABLES

Trim and slice Asian greens. Slice capsicum and carrot. Crush garlic clove. Heat a frypan or wok over high heat with oil. Add vegetables and garlic. Cook tossing for 3-5 minutes until tender.



TIP Use sesame oil to cook the vegetables for extra flavour. You can add spring onions, broccoli or celery to the stir-fry if you want more vegetables.

4. FINISH AND SERVE

Serve drumsticks with rice and stir-fry vegetables.



Garnish the dish with some fried shallots, sesame seeds, fresh sliced chilli or chopped peanuts if desired!

This recipe has simplified instructions to help lower your meal cost.