



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Coconut Milk

Coconut milk is a blend of a coconut's meat with water. The principal medium chain fatty-acids in coconut are lauric & capric acid which are nourishing, great for your immune system, anti-inflammatory and healing to the digestive system.



## 2 Peanut Butter Chicken Drumsticks

Roast chicken drumsticks in a creamy satay style sauce, alongside golden sweet potato wedges and an apple mint diced salad.

 40 minutes

 2 servings

 Chicken

11 January 2021

### Spice it up!

*If you have any fresh lime you can add some zest and a squeeze of juice over the cooked chicken drumsticks!*

Per serve: **PROTEIN** 55g **TOTAL FAT** 59g **CARBOHYDRATES** 61g

## FROM YOUR BOX

SWEET POTATOES	400g
PEANUT BUTTER	2 slugs
COCONUT MILK	165ml
SPRING ONION	1 *
CHICKEN DRUMSTICKS	4 pack
LEBANESE CUCUMBER	1
YELLOW CAPSICUM	1/2 *
GREEN APPLE	1
MINT	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, fish sauce, white wine vinegar

## KEY UTENSILS

oven tray, oven dish stick mixer or blender

## NOTES

Slash the chicken to speed up the cook time and allow more surface area for the sauce! You can cook the chicken on the BBQ if preferred.

Add some garlic to the sauce if you have some.



### 1. ROAST SWEET POTATOES

Set oven to 220°C.

Cut sweet potatoes into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



### 2. PREPARE THE SAUCE

Blend together peanut butter with coconut milk, **1 tbsp fish sauce** and **1 tbsp oil** using a stick mixer or blender.



### 3. BAKE THE CHICKEN

Cut spring onion into 3cm lengths. Slash chicken to the bone (see notes). Toss all together in a lined oven dish with peanut butter sauce until coated. Bake in oven for 25–30 minutes or until cooked through.



### 4. PREPARE THE SALAD

Dice cucumber, capsicum and apple. Roughly chop mint leaves. Toss together with **1 tsp vinegar** and **1/2 tbsp olive oil**.



### 5. FINISH AND PLATE

Divide sweet potatoes, chicken and salad among plates.

**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**

