



# CHINESE CHICKEN DRUMSTICKS

with Garlic & Ginger Rice



Add an Asian spin to chicken drumsticks



Chicken Drumsticks



Ginger-Soy Stir-Fry Sauce



Ginger



Garlic



Basmati Rice



Broccoli



Snow Peas



Asian Greens



Coriander



Long Red Chilli (Optional)



Sesame Seeds



Oyster Sauce

**Pantry Staples:** Olive Oil, Butter

Hands-on: **35** mins  
Ready in: **50** mins

Eat me early

Spicy (optional long red chilli)

Time for a dinner that doesn't miss a beat! Drumsticks, with their fun shape and even more fun name, are a favourite of little and big family members especially when they're coated with a sticky ginger soy sauce and served on our famous garlic and ginger rice.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: You will need: **chef's knife, chopping board, large baking dish, foil, fine grater, large saucepan** and **large frying pan**.



### 1 BAKE THE DRUMSTICKS

Preheat the oven to **220°C/200°C fan-forced**. Place the **chicken drumsticks** in a large baking dish lined with foil. Pour the **ginger-soy stir-fry sauce** over the chicken, toss to coat then arrange in a single layer. Bake for **35-40 minutes** or until golden and cooked through. Halfway through cooking, turn the drumsticks and spoon over the marinade from the base of the dish. **TIP:** *The chicken is cooked when the meat is no longer pink inside.*



### 2 MAKE THE GARLIC & GINGER RICE

While the chicken is baking, finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). In a large saucepan, heat the **butter** and a **dash of olive oil** over a medium heat. Add the ginger and garlic and cook for **1 minute**, or until fragrant. Add the **basmati rice, salt (see ingredients list) and water (for the rice)** and bring to the boil. Reduce the heat to medium-low. Simmer, stirring occasionally, for **15-20 minutes** or until the rice is tender and the liquid has been absorbed. Cover with a lid to keep warm.



### 4 TOAST THE SESAME SEEDS

When the drumsticks have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat. Add the **sesame seeds** and toast, tossing, for **3-4 minutes** or until golden. Transfer to a plate and set aside.



### 5 COOK THE VEGGIES

Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and cook for **4-5 minutes** or until almost tender. **TIP:** *Add a dash of water to help speed up the cooking process.* Add the **snow peas** and **Asian greens** and cook for a further **1-2 minutes** or until softened. Stir through the oyster sauce. **TIP:** *Remove the kid's portions before adding the oyster sauce if you like.*



### 3 PREP THE VEGGIES

While the rice is cooking, cut the **broccoli** into 2cm florets and roughly chop the stalk. Trim the **snow peas** and slice in half lengthways. Roughly chop the **Asian greens**. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using).



### 6 SERVE UP

Divide the garlic & ginger rice between bowls and top with the drumsticks, veggies and any sauce from the baking dish. Garnish with the coriander, sesame seeds and long red chilli (if using).

**TIP:** *For kids, follow our serving suggestion in the main photo!*

ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
chicken drumsticks	2 packets
ginger-soy stir-fry sauce	1 sachet (150 g)
ginger	1 knob
garlic	2 cloves
butter*	40 g
basmati rice	2 packets
salt*	½ tsp
water* (for the rice)	3 cups
broccoli	1 head
snow peas	1 bag (100 g)
Asian greens	1 bunch
coriander	1 bunch
long red chilli (optional)	1
sesame seeds	1 sachet
oyster sauce	1 tub (50 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2810kJ (670Cal)	657kJ (157Cal)
Protein (g)	60.0g	14.1g
Fat, total (g)	27.5g	6.4g
- saturated (g)	10.4g	2.4g
Carbohydrate (g)	41.7g	9.8g
- sugars (g)	9.1g	2.1g
Sodium (g)	2290mg	536mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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