

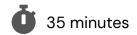




# **Sticky Roasted Drumsticks**

# with Rice Pilaf

Free-range chicken drumsticks roasted in a homemade orange and turmeric marinade served over a veggie-loaded rice pilaf, made with the Turban Chopsticks Majestic Almond Cumin Pilaf Kit!







# Switch it up!

Cook the drumsticks on the BBQ instead of in the oven.

TOTAL FAT CARBOHYDRATES

37g

22g

#### FROM YOUR BOX

ORANGE	1
CHICKEN DRUMSTICKS	8-pack
BROWN ONION	1
PILAF RICE KIT	1 packet
CARROT	1
CARROT ENGLISH SPINACH	1 1 bunch
	•
ENGLISH SPINACH	1 bunch

#### FROM YOUR PANTRY

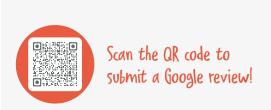
oil for cooking, salt, pepper, ground turmeric, soy sauce (or tamari), honey

#### **KEY UTENSILS**

oven tray, large frypan

#### **NOTES**

Spinach often hides a lot of sand. Trim the roots and place in a clean sink full of cold water. Leave to sit for 5 minutes to allow the sand to sink then use spinach.





#### 1. MAKE THE MARINADE

Set oven to 220°C.

Zest orange and juice half (reserve remaining for step 5). Add to a bowl along with 2 tsp turmeric, 2 tbsp soy sauce,1 tsp honey and pepper. Whisk to combine.



#### 2. ROAST THE CHICKEN

Place drumsticks on a lined oven tray and slash in 2-4 places. Coat with marinade. Roast for 25-30 minutes until cooked through.



# 3. SAUTÉ THE ONION

Heat a large frypan over medium-high heat with **oil.** Slice onion and add to pan along with spices from rice kit. Sauté for 5 minutes. Grate carrot and add to pan. Stir to combine.



## 4. SIMMER THE PILAF

Roughly chop spinach (see notes). Add to pan along with rice and **2 cups water**. Simmer, covered, for 15 minutes. Season with **salt and pepper**.



### 5. PREPARE THE TOPPINGS

Dice remaining orange and cucumber. Finely chop parsley leaves. Set aside along with almond and garlic mix from rice kit.



#### 6. FINISH AND SERVE

Pour any roasting juices from chicken over the pilaf. Add drumsticks and toppings to pilaf. Serve tableside.

**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** 



