

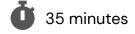




BBQ Chicken Drumsticks

with Wedges

Smokey BBQ rubbed chicken drumsticks with garlic and pepper berry, served alongside crispy potato wedges with a parsley and orange dressing. Full of flavour and tastiness!





4 servings



Make a salsa verde!

You can chop the parsley and combine it with the remaining dressing ingredients instead of blending! Add some chopped capers if you have some.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

17 February 2023 31g 31g 58g

FROM YOUR BOX

MEDIUM POTATOES	800g
OZZIE BBQ SPICE RUB	1 sachet
CHICKEN DRUMSTICKS	8-pack
ORANGES	2
PARSLEY	1 packet
GARLIC CLOVE	1
AVOCADO	1
CARROT	1
MESCLUN LEAVES	1 bag (120g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dijon mustard, vinegar of choice

KEY UTENSILS

2 oven trays, stick mixer or blender

NOTES

You can cook the drumsticks on the BBQ if preferred!

Sweeten the dressing with a dash of honey or sugar if preferred.



1. ROAST THE POTATOES

Set oven to 250°C.

Cut potatoes into wedges, toss on a lined oven tray with 1/2 the BBQ rub and oil. Cook in the oven for 20-25 minutes until golden and crispy.



2. ROAST THE CHICKEN

Slash chicken drumsticks in 3-4 places. Rub with remaining BBQ rub and **oil**. Place on a lined tray and cook for 20-25 minutes or until cooked through (see notes).



3. MAKE THE DRESSING

Zest an orange to yield 2 tsp. Place into a jug with juice from 1/2 orange, roughly chopped parsley and garlic, 1 tsp mustard, 1/2 tbsp vinegar and 3 tbsp olive oil. Using a stick mixer blend until smooth and season with salt and pepper (see notes).



4. MAKE THE SALAD

Dice remaining orange. Slice avocado and ribbon carrot using a peeler. Toss together with mesclun leaves and <u>2 tbsp dressing</u>.



5. FINISH AND SERVE

Serve chicken with wedges, salad and remaining dressing.



