



### Product Spotlight: Sweet Potato

Sweet potato is high in fibre, very filling, and has a delicious sweet taste. Full of vitamin A and potassium, it packs a powerful nutritional punch!



## Honey BBQ Drumsticks with Wedges and Coleslaw

Chicken drumsticks barbecued with buffalo spice, served with barbecued corn, roasted sweet potato wedges, creamy coleslaw and home-made barbecue sauce.



35 minutes



4 servings



Chicken

## Roast it!

*If you would prefer, you can roast the drumsticks and corn on a second oven tray while the sweet potato wedges roast.*

Per serve: **PROTEIN** 55g **TOTAL FAT** 77g **CARBOHYDRATES** 89g

## FROM YOUR BOX

SWEET POTATOES	800g
CHICKEN DRUMSTICKS	8-pack
BUFFALO SPICE MIX	1 packet
CORN COBS	2
TOMATO PASTE	1 sachet
HONEY	2 sachets
GREEN APPLES	2
COLESLAW	2 bags
AIOLI	2 sachet



### 1. ROAST THE WEDGES

Set oven to 220°C.

Cut **sweet potatoes** into wedges. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25–30 minutes, or until tender and golden.



### 2. BBQ THE DRUMSTICKS

Heat BBQ over medium–high heat with **oil**. Slash **drumsticks** in 3–4 places. Coat with **oil, 3/4 packet buffalo spice mix** and **salt**. Add drumsticks to BBQ and cook for 25 minutes or until cooked through.



### 3. ADD THE CORN

Remove husks and silks from **corn cobs** and coat with **oil**. Cut into cobbettes and add to BBQ for 10 minutes, turning occasionally, until cooked through. Season to taste with **salt and pepper** (see notes).

## FROM YOUR PANTRY

oil for cooking, salt, pepper, apple cider vinegar

## KEY UTENSILS

BBQ (or griddle pan), oven tray

## NOTES

For extra flavour, you can coat the corn in smoked paprika or ground cumin before barbecuing, or lime zest and juice to serve.

*Buffalo spice mix: smoked paprika, ground sweet paprika, onion powder, ground cumin, garlic powder, yellow mustard powder.*



### 4. MAKE THE BBQ SAUCE

Heat a pan over medium heat. Add **2 tbsp oil, tomato paste** and remaining buffalo spice mix. Cook for 1 minute. Add **honey, 2 1/2 tbsp vinegar** and **1 cup water**. Simmer for 3–5 minutes. Season to taste with **salt and pepper**.



### 5. DRESS THE COLESLAW

Thinly wedge **apple**. Add to a large bowl along with **coleslaw** and **aioli**. Toss to combine. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Serve wedges, drumsticks, corn and coleslaw tableside along with BBQ sauce.

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