

# CRISPY GINGER DRUMSTICKS

with Sweet and Sour Slaw



This fun and colorful dish won't leave you cold tonight!

**COOKING TIME: 35 MIN**

**CALS 549 | PROT 49.8G | CARBS 35.1G | FAT 23.4G**



## TIPS FOR FUSSY EATERS

The drumsticks are a hit but maybe offer them with some rice and stir fried cabbage.

## PRO TIP

Meat that is close to a bone tends to always have that extra flavor. Chicken drumsticks are a perfect example of very tasty chicken meat. It's always worth waiting that extra 5 minutes just to make sure the skin gets nice and crispy.

## INGREDIENTS

	FOR 2	FOR 3	FOR 4
Chicken drumsticks	500g	1kg	1kg
Ginger	30g	45g	60g
Red Cabbage	400g	600g	800g
Spring onion	25g	38g	50g
Red pepper	1	2	2
Yellow pepper	1	1	2
Red chili	1	1	2
Fresh coriander	20g	20g	30g
Pineapple juice	100ml	150ml	200ml
Lime	2	3	4
Sesame oil	5g	7g	10g
Maple syrup	5g	7g	10g



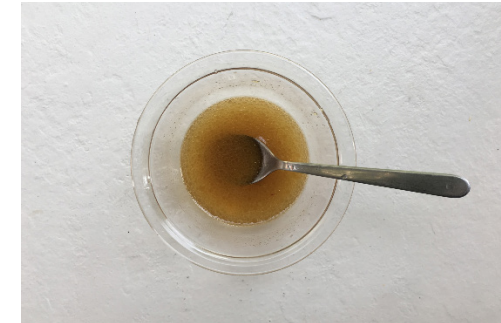
## 1 ROAST

Pre-heat the oven to 225°C. Place the **drumsticks** in a mixing bowl and drizzle them with **oil** and season heavily with **salt** and **pepper**. Grate the **ginger** and mix with the **drumsticks**. Mix properly using your hands so that each **drumstick** is coated. Pour them into a roasting dish, making sure that they all have space and roast in the oven for 25-30 minutes.



## 2 CUT & DICE

Remove the core of the **cabbage** and shred it thinly. Clean and slice the **spring onion**. Rinse and cut the **peppers** into very thin strips. Chop the **coriander** and **chili**. Mix all vegetables in a large salad bowl.



## 3 MAKE THE DRESSING

In a small bowl prepare the dressing: mix together the **pineapple juice**, **sesame oil**, **maple syrup** and freshly squeezed **lime** juice. Season with **salt** and **pepper**.



## 4 SERVE

Pour the dressing onto the vegetables, mix and let it stand until the **chicken** is ready. Serve the crispy **drumsticks** with the fresh slaw. Enjoy!

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