Chicken drumstick meal (family)

Serves: 6-8

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Chicken drumsticks	12-16	drumsticks		
Smoked paprika	1	tsp		
Potatoes (preferably red)	6-8			
Dried thyme leaves	1	tsp		
Broccoli	1	head		
Cauliflower	1	Small		
Orgran gravy mix	20	g		
Olive oil (Carbonell)	2	Tbsp		

Procedure
Step 1: Lay drumsticks on a baking tray and season drumsticks with salt, pepper and paprika.
Step 2: Cover with cling wrap and store in fridge for one hour, up to one day.
Step 3: After seasoning for 1 hour or 24 hours, take tray out of fridge.
Step 4: Add ¼ cup hot water to tray of drumsticks and drizzle with olive oil.
Step 5: Cook drumsticks at 180ºC for approx. 45 minutes.
Step 6: Turn oven to 100ºC let drumsticks rest for up to 60 mins.
Step 7: **To make future chicken stock:** Pour off most of the chicken stock in tray, strain and store in cool room for future use. Chill, remove fat and freeze.
Vegetables
Step 1: Cut potatoes evenly into medium sized chunks (4-5 pieces per potato).
Step 2: Tip potatoes into a large bowl and add olive oil, dried thyme, salt and pepper. Toss well.
Step 3: Evenly spread out potatoes on baking tray lined with baking paper.
Step 4: Cook potatoes at 200ºC for about 60 minutes until golden brown. Turn occasionally to ensure even cooking.
Step 5: Steam broccoli and cauliflower until tender.
Step 6: Season with salt to serve.
Gravy
Step 1: Mix gravy powder with a very small amount of COLD water to make a smooth paste.
Step 2: Boil 200mL water, add in gravy paste.
Step 3: Boil for approx. 1 minute to thicken.
Step 4: Turn off heat and keep stirring every 10-20 minutes until mealtime OR/ prepare gravy as per instructions on packet.

Common allergens present:

☐ Milk (dairy)	☐ Egg	☐ Fish	☐ Crustacean	☐ Mollusc
☐ Sesame	☐ Lupin	☐ Soy	☐ Peanut	☐ Wheat
☐ Barley	☐ Oats	☐ Rye	☐ Gluten	

Tree nuts:

☐ Almond	☐ Brazil nut	☐ Cashew	☐ Hazelnut	☐ Macadamia
☐ Pecan	☐ Pine nut	☐ Pistachio	☐ Walnut	