

Serves 6-8

| Ingredients | Quantity | Common allergens present | Alternative ingredients/modifications |
|---------------------------|--------------------|--------------------------|---------------------------------------|
| Chicken drumsticks | 12-16 drumsticks | | |
| Smoked paprika | 1 tsp | | |
| Potatoes (preferably red) | 6-8 potatoes | | |
| Dried thyme leaves | 1 tsp | | |
| Frozen broccoli | 1 head of broccoli | | |
| Frozen cauliflower | 1 small | | |
| Orgran gravy mix | 20g | | |
| Olive oil | 2 Tbs | | |

Home method

1. Lay drumsticks on a baking tray and season drumsticks with salt, pepper and paprika.
2. Cover with cling wrap and store in fridge for one hour up to, one day.
3. After seasoning for 1 hour or 24 hours, take tray out of fridge.
4. Add ¼ cup hot water to tray of drumsticks and drizzle with olive oil.
5. Cook drumsticks at 180C for approx. 45 minutes.
6. Turn oven to 100C let drumsticks rest for up to 60 mins.
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

1. Cut potatoes evenly into medium sized chunks (4-5 pieces per potato)
2. Tip potatoes into a large bowl and add olive oil, dried thyme, salt and pepper. Toss well.
3. Evenly spread out potatoes on baking tray lined with baking paper.
4. Cook potatoes at 200C for about 60 minutes until golden brown. Turn occasionally to ensure even cooking.
5. Steam broccoli and cauliflower in microwave safe bowl for about 5 minutes or place in boiling water for 5 minutes.
6. Season with salt to serve.

Gravy

1. Mix gravy powder with a very small amount of COLD water to make a smooth paste.
2. Boil 200mL water, add in gravy paste.
3. Boil for approx. 1 minute to thicken.
4. Turn off heat and keep stirring every 10-20 minutes until mealtime.

OR/ prepare gravy as per instructions on packet

Common allergens present:

- | | | | | |
|-------------------------------------|---------------------------------|------------------------------------|---------------------------------|-----------------------------------|
| <input type="checkbox"/> Wheat | <input type="checkbox"/> Gluten | <input type="checkbox"/> Egg | <input type="checkbox"/> Peanut | <input type="checkbox"/> Tree nut |
| <input type="checkbox"/> Cow's milk | <input type="checkbox"/> Fish | <input type="checkbox"/> Shellfish | <input type="checkbox"/> Sesame | <input type="checkbox"/> Soy |
| <input type="checkbox"/> Lupin | | | | |