



READY TO COOK
BY HARRIS FARM

TAHINI & HONEY CHICKEN DRUMSTICKS WITH TURMERIC AND PISTACHIO RICE



PREP
20 min



COOK
1 ½ hrs



SERVES
4

INGREDIENTS:

- > 2kg Chicken Drumsticks
- > 4 Garlic Cloves
- > 1 ½ Tbsp Moroccan Spice Mix
- > ½ Bunch Coriander
- > 1 Lemon
- > 3 Tbsp Tahini Paste
- > 500g Brussels Sprouts
- > 180g Mixed Pistachios & Apricots
- > 2 Cups Jasmine Rice

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > 1 ½ Tbsp Honey
- > Olive Oil
- > Salt and Pepper
- > 1 Tbsp Caramelised Balsamic Vinegar
- > ½ tsp Ground Turmeric

METHOD - GET COOKING!



1 Preheat the oven to 180°C. Pat dry the chicken drumstick and make 2 deep incisions across the thickest part of the drumsticks. Set aside.

2 Roughly chop the garlic. Wash, pick, and chop the coriander, reserving some for garnishing. Place into a bowl and add the Moroccan spice mix, honey, tahini, the zest of 1 lemon, 1 Tbsp of olive oil, and season generously with salt and pepper. Mix well using a whisk and add the chicken. Toss well and marinate outside the fridge for at least 1 hour. Place the chicken on a deep baking tray and cook in the oven for 1 hour or until golden brown and cooked through.

3 Meanwhile, cut the Brussels sprouts in half and place on a lined baking tray. Drizzle with olive oil and caramelised balsamic vinegar, season with salt and pepper, and cook in the oven for 25-30 minutes until golden brown and soft. Roughly chop the pistachios and the apricots and set aside for later.

4 Cook the rice according to packet instructions and add the turmeric to the water before cooking. Once chicken is ready, remove from the oven and rest for 10 minutes. Mix in the Brussels sprouts and sprinkle with pistachios. Serve hot with Turmeric rice, garnish with pistachios and chopped coriander. Squeeze some lemon juice if desired.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Marinade the chicken the night before if possible.
- Wash the rice well under running water before cooking until water runs nearly clear.
- Cook the Brussels sprouts 20 minutes before the chicken is ready.



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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