



HONEY-CAJUN CHICKEN DRUMSTICKS

with Jalapeno Slaw and Golden Green Beans

SPICY



HELLO

JALAPENO SLAW

DIY pickled jalapenos add a surprising kick to this red cabbage slaw

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 902



Chicken Drumsticks



Corn Flakes



Cajun Spice Blend



Honey



Jalapeno



Cilantro



Sherry Vinegar



Red Cabbage, shredded



Green Beans, trimmed

BUST OUT

- Zip-Top Plastic Bag
- Sugar (1 tsp | 2 tsp)
- Rolling Pin
- Salt
- Baking Sheet
- Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Medium Bowl

INGREDIENTS

2-person | 4-person

- Chicken Drumsticks 1 pkg (450 g) | 2 pkg (900 g)
- Corn Flakes 1 1 pkg (1 cup) | 2 pkg (2 cup)
- Cajun Spice Blend 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Honey 3 pkg (3 tbsp) | 6 pkg (6 tbsp)
- Jalapeño 1 | 1
- Cilantro 1 pkg (10 g) | 1 pkg (10 g)
- Sherry Vinegar 9 1 1/2 bottle (3 tbsp) | 3 bottle (6 tbsp)
- Red Cabbage, shredded 1 pkg (227 g) | 2 pkg (454 g)
- Green Beans, trimmed 1 pkg (170 g) | 2 pkg (340 g)

ALLERGENS ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **450°F** (to bake chicken and roast the green beans). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce. Laver et sécher tous les aliments. In a large zip-top bag, pour in the **corn flakes** and **Cajun seasoning**. Season with **salt** and **pepper**. Using a rolling pin, crush the corn flakes inside the bag into a breadcrumb-like texture. Pat the **drumsticks** dry with paper towel.



2 BAKE CHICKEN Coat the **drumsticks** in the **honey**, then place them in the **corn flake mixture**. Close the bag and gently shake to coat the drumsticks completely. On a parchment-lined baking sheet, arrange the drumsticks on one side. (The beans will go on the other side of the baking sheet later.) Bake in the centre of the oven, until golden-brown, 10 min.



4 MAKE SLAW In a medium bowl, combine the **jalapeño**, **1 1/2 bottles vinegar** (3 bottles for 4 people) and **1 tsp sugar** (double for 4 people). Add the **cabbage** and **cilantro**. Using tongs, firmly toss the cabbage to coat in the dressing. (**TIP:** Using tongs to squeeze and toss the slaw at the same time will help tenderize the cabbage.) Season with **salt** and **pepper**.



5 ROAST BEANS On the other side of the baking sheet, toss the **green beans** with a drizzle of **oil**. Season with **salt** and **pepper**. Return to the oven and roast until the beans are golden-brown and **drumsticks** are cooked through, 10-12 min. (**TIP:** Cook to a minimum internal temperature of 175°F. Cuire jusqu'à une température interne min. de 175°F.)



3 PREP SLAW Meanwhile, roughly chop the **cilantro**. Thinly slice the **jalapeño**, removing the seeds for less heat. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **jalapeño**. Cook, stirring occasionally, until golden-brown, 3-4 min.



6 FINISH AND SERVE Divide the **chicken drumsticks** between plates. Serve with the **slaw** and **green beans** on the side.

CHANGE IT UP!

Re-use this breading technique with chicken breasts or tenders!