

# Sweet & Sour BBQ Drumsticks

*with Snow Pea, Carrot & Celery Salad*

The “BBQ sauce” in this dish gets its sweet, sour, and spicy flavor from a number of staple Asian ingredients like sweet chili sauce, hoisin, and rice vinegar. Chinese five-spice, an essential Chinese spice blend made of star anise, cloves, Chinese cinnamon, Sichuan pepper, and fennel seed, adds a savory flavor and balanced heat. While mirin, a Japanese cooking wine made from rice, and rice vinegar make a tangy dressing with mild sweetness.



## Ingredients

- 3 Ounces Snow Peas
- 1 Bunch Mint
- 1 Carrot
- 1 Stalk Celery
- 1 Clove Garlic
- 1-Inch Piece Ginger
- 6 Chicken Drumsticks
- 1 Teaspoon Chinese Five-Spice Powder
- $\frac{3}{4}$  Cup Basmati Rice
- $\frac{1}{3}$  Cup Hoisin Sauce
- $\frac{1}{4}$  Cup Rice Vinegar
- 1 Tablespoon Sweet Chili Sauce
- 1 Tablespoon Mirin
- 1 Teaspoon Sesame Oil
- 2 Teaspoons Sesame Seeds

Makes 2 Servings

About 675 Calories Per Serving



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Recipe #293

# Instructions



## Prepare the ingredients:

Preheat the oven to 425°F. Wash and dry the fresh produce. Trim the stems off the snow peas. Peel the carrot. Cut the celery, carrot, and snow peas into thin matchsticks. Roughly chop the mint leaves. Peel and mince the ginger and garlic.



## Roast the chicken:

Lightly oil a baking sheet. Place the drumsticks in a bowl or plastic bag. Drizzle a little olive oil over the chicken, then sprinkle with the **five-spice powder** and some salt and pepper; toss until well coated. Transfer to the baking sheet and roast 28 to 32 minutes, or until browned and cooked through.



## Cook the rice:

While the chicken roasts, cook the rice. In a small pot, combine the **rice**, **1½ cups of water**, and a **big pinch of salt**. Bring the mixture to a boil, then cover and reduce the heat to low. Simmer for 16 to 20 minutes, or until all of the water is absorbed. Remove from heat and fluff the finished rice with a fork.



## Make the BBQ sauce:

In a medium pot, combine the **hoisin**, **sweet chili sauce**, the **ginger**, the **garlic**, the **sesame oil**, **half the rice vinegar**, and **2 tablespoons of water**. Heat the mixture on medium and simmer 4 to 6 minutes, or until slightly thickened, stirring occasionally.



## Make the dressing & salad:

While the sauce simmers, in a small bowl, combine the **mirin** and the **remaining rice vinegar**. Slowly whisk in about **1 tablespoon of olive oil** until well combined; season with salt and pepper to taste. In a separate bowl, combine the **carrot**, **celery**, and **snow peas**. Add some of the **dressing** to the salad (you may have extra dressing) and toss to coat. Just before serving, add the **mint** to the salad and stir to combine.



## Plate your dish:

Remove the sauce from the heat and add the **roasted chicken drumsticks** to the pot. Stir until each drumstick is thoroughly coated with sauce. Divide the cooked rice between 2 plates and place 3 drumsticks on each plate. Divide the salad between the plates. Garnish with the **sesame seeds** and any remaining BBQ sauce. Enjoy!