



One pot wonder

A quick and easy dish that can be prepared a day or two ahead of time or frozen ready for when school sports go into overtime!

Recipe by Paul Foreman



Serves 4-6



1½ hours

INGREDIENTS

- 12 chicken drumsticks
- 1 brown onion, peeled and diced small
- 1 large carrot, peeled and diced small
- 1 cup frozen peas
- 440g tinned tomatoes
- ½ punnet cherry tomatoes
- 10g brown sugar
- 2 rashers of bacon, rind and fat removed and roughly diced
- ½ tsp dried Italian herbs (or a combination of fresh thyme, rosemary, basil and oregano, if you have them)
- 440g tinned butter or cannellini beans (do not drain!)
- 1 cup chicken stock
- 80g butter, melted
- 30ml olive oil
- 150g fresh breadcrumbs or panko breadcrumbs
- Sea salt
- White pepper

DIRECTIONS

1. Preheat oven to 160°C.
2. Prepare vegetables and place into a deep baking tray (approx. 30cm x 30cm)
3. Season the drumsticks with sea salt, white pepper and dried Italian herbs. For a tastier result, season the drumsticks the day before.
4. Place the seasoned drumsticks into the baking tray with the vegetables. Spread out for even cooking.
5. Top with the tinned tomatoes, cherry tomatoes, brown sugar, bacon, chicken stock and cannellini/butter beans.
6. Meanwhile, combine the fresh or panko breadcrumbs with the melted butter.
7. Once well combined, evenly spread on top of the drumsticks.
8. Bake in the oven for 40 minutes at 160°C.
9. Turn up the heat and bake at 200°C for an additional 10 minutes, or until the bread crumbs are nice and golden and the chicken is tender.

Enjoy with a fresh salad or additional vegetables.

NOTES

- If the kids hate bones, just split the drumstick up the middle prior to cooking and the bone should easily pull out once cooked. You will need to leave the breadcrumb mixture off until the bones are removed.
- You can toast the breadcrumbs separately in a fry pan and add at the end.
- The dish will hold up well for 3-4 days when stored in an airtight container in the fridge below 4°C. Alternatively, freeze in airtight containers for up to 2 months. Make sure to fill the containers to the brim, date and label and try and portion enough for that evening's dinner.



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