



LOW CARB

KETO-FRIENDLY

Coconut-Lime Drumsticks

with Cabbage & Red Pepper Slaw



20-30min



2 Servings

This keto-friendly recipe takes chicken drumsticks to a whole new level. They're seasoned with flavorful jerk spice, then coated with shredded coconut and lime zest. The topping gets toasty and crisp in the oven giving the juicy drummies a low carb crunch. For the side, there's a cooling cabbage slaw tossed in a creamy lime dressing with fresh cilantro, red bell peppers, and scallions.

What we send

- chicken drumsticks
- jerk spice blend ^{1,6}
- unsweetened shredded coconut ¹⁵
- lime
- cole slaw blend
- red bell pepper
- mayonnaise ^{3,6}
- scallions
- fresh cilantro

What you need

- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

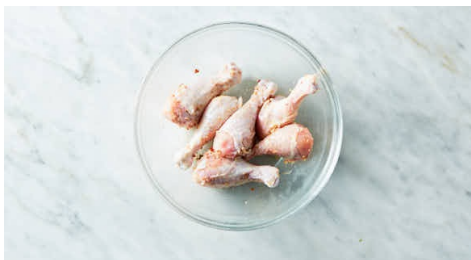
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Egg (3), Soy (6), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 53g, Carbs 13g, Proteins 42g



1. Prep chicken

Preheat broiler with a rack in the center position. Pat **chicken** dry. In a large bowl, stir to combine **1 tablespoon oil** and **2-2½ teaspoons of the jerk seasoning** (depending on heat preference). Add chicken, then toss to coat.



2. Broil chicken

Line a rimmed baking sheet with foil. Transfer **chicken** to baking sheet and broil on the center rack until browned in spots and cooked through, 18-20 minutes (larger drumsticks may need 2-3 minutes more). Remove from broiler, then leave broiler on.



3. Make coconut-lime topping

Finely grate **¼ teaspoon lime zest**, then squeeze **1 tablespoon lime juice**. In a small bowl, combine lime zest, **coconut**, and **1 tablespoon oil**. Season with **salt** and **pepper**. Sprinkle over **cooked chicken**, carefully pressing to help topping adhere. Broil on center oven rack until coconut is lightly toasted, about 1 minute (watch closely, as broilers vary).



4. Prep slaw

While **chicken** cooks, trim and discard ends from **scallions**, then thinly slice. Halve **pepper**, remove and discard stem and seeds, then coarsely chop. Finely chop **cilantro leaves and stems** together.



5. Make slaw dressing

In a medium bowl, stir to combine **lime juice**, **mayonnaise**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**.



6. Finish slaw & serve

Add **shredded cabbage**, **peppers**, **2/3 of the chopped cilantro**, and **1/3 cup of the scallions** to medium bowl with **dressing**, and toss to combine. Season to taste with **salt** and **pepper**. Serve **slaw** with **chicken**, garnished with **remaining scallions and cilantro**. Enjoy!