



LOW CARB

KETO-FRIENDLY

Coconut-Lime Drumsticks

with Cabbage & Red Pepper Slaw



30-40min



4 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

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

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.

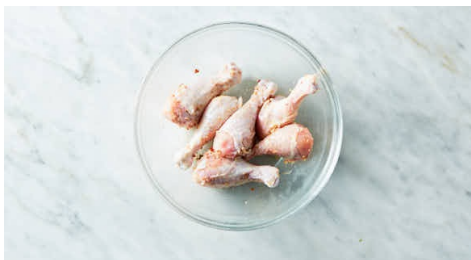
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

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 640kcal, Fat 46g, Carbs 12g, Proteins 41g



1. Prep chicken

Preheat broiler with a rack in the center position. Pat **chicken** dry. In a large bowl, stir to combine **2 tablespoons oil** and **4-4½ 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. Leave broiler on.



3. Make coconut-lime topping

Finely grate **¼ teaspoon lime zest**, then squeeze **2 tablespoons lime juice**. In a small bowl, combine lime zest, **coconut**, and **4 teaspoons 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 **peppers**, remove and discard stems and seeds, then coarsely chop. Finely chop **cilantro leaves and stems** together.



5. Make slaw dressing

In a large bowl, stir to combine **lime juice**, **mayonnaise**, and **2 tablespoons 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 large 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!