



HOME CHEF

Pomegranate Glazed Drumsticks

With Cucumber Salad and Green Beans



Break out the napkins people, you'll need 'em for these pomegranate glazed, hand-held, chicken delights. New to pomegranate glaze? This syrupy condiment is more savory than sweet and provides a balanced complexity to the chicken that is sure to please. Cucumber salad and green beans round out this low carb feast.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 1043
Carbohydrates: 35g
Fat: 56g
Protein: 97g
Sodium: 567mg
per serving

DIETARY



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Sparkling Lemonade,
Zinfandel, Ginger Beer

INGREDIENTS

1 English Cucumber
4 oz. Grape Tomatoes
1 Red Onion
½ oz. Balsamic Vinegar
4 Parsley Sprigs
3 Thyme Sprigs
6 oz. Green Beans
8 Chicken Drumsticks
¾ oz. Honey
2 oz. Pomegranate Molasses

WHAT YOU NEED

Olive Oil
Salt
Pepper
Cooking Spray

EQUIPMENT

Baking Sheet
Mixing Bowl

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Prepare the Ingredients

Preheat oven to 400 degrees and prepare a baking sheet with aluminum foil and a light coating of cooking spray. Thoroughly rinse produce and pat dry. Slice **English cucumber** into ½” rounds. Halve **grape tomatoes**. Peel and thinly slice **red onion**. Stem and mince **parsley** and **thyme**. Trim **green beans**. Rinse **drumsticks** and pat dry.



Roast Chicken Drumsticks and Cook Beans

Arrange **drumsticks** on prepared baking sheet. Season with a pinch of **salt and pepper**, drizzle with 1 tsp. **olive oil**, and roast in oven 20-25 minutes, or until internal temperature reaches 170 degrees. Warm a medium pan over medium-high heat and add 1 tsp. **olive oil** and **green beans**. Cook for 3-4 minutes, add 2 Tbsp. **water** and cover. Cook for 2-3 minutes, or until bright green. Season with a pinch of **salt and pepper** and reserve.



Prepare Cucumber Salad

Toss **cucumber, tomatoes, red onion**, and **half of minced parsley** (reserving remaining for garnish) in a mixing bowl.



Prepare Vinaigrette

In a small mixing bowl, combine **honey, balsamic vinegar** and **thyme leaves**. Whisk in 2 Tbsp. of **olive oil** and season with a **pinch of salt and pepper**. Dress **cucumber salad** with **vinaigrette** and allow flavors to marry while you finish chicken.



Lacquer Drumsticks

When chicken is nearly finished cooking, brush **drumsticks** with **pomegranate glaze**. Roast 5 minutes, and brush one more time when you remove from oven. Set aside.



Plate the Dish

Mound a bed of **dressed cucumber salad** and **green beans** on a plate. Arrange **drumsticks** on top. Garnish with **remaining parsley**.