



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

- 12 oz pkg boneless, skinless chicken thighs
- ¼ oz jerk seasoning ^{1,2}
- 1 oz unsweetened shredded coconut ³
- 1 lime
- 14 oz cabbage blend
- 1 bell pepper
- 1 oz mayonnaise ^{4,1}
- 2 scallions
- ¼ oz fresh cilantro

What you need

- kosher salt & ground pepper

Tools

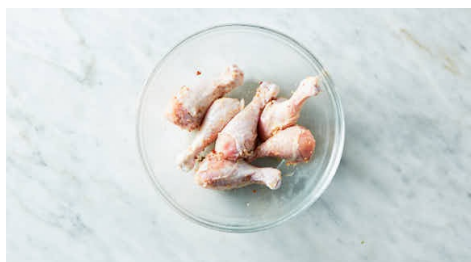
- microplane or grater
- rimmed baking sheet

Allergens

Soy (1), Wheat (2), Tree Nuts (3), Egg (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 53g, Carbs 13g, Protein 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.



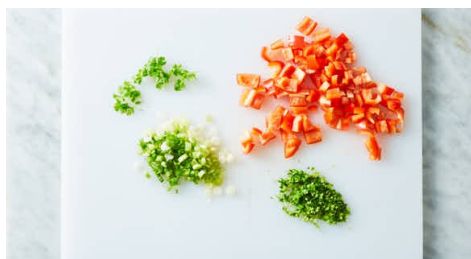
2. Broil chicken

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!