Chicken Drumsticks with Tomato Bulgur and Peas

4 servings, each with 2 small drumsticks and one-quarter of the tomato bulgur · Active 20 min · Total 1 hr

Skills: Easy

Ingredients

- 8 small chicken drumsticks (about 2 lb 3 oz/1 kg total)
- 2 tablespoons neutral oil (30 ml), divided
- 1 teaspoon sweet paprika (2 g)
- 1/2 teaspoon dried oregano (0.5 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/4 teaspoon black pepper (0.5 g)
- 1 medium onion (150 g), finely diced
- 1 cup medium bulgur (180 g)
- 1 can chopped tomatoes, 14 oz/400 g, with juice
- 1/2 cup water (120 ml), plus a little if needed
- 1 cup frozen peas (140 g)

Set out

Roasting tray, Medium saucepan with lid, Food thermometer, Separate raw-chicken board or washable preparation area

Allergens

Wheat. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Pat chicken dry with disposable paper, then coat with 1 tablespoon/15 ml oil, paprika, oregano, half the salt and pepper. Arrange on the roasting tray with space between pieces. Wash hands and clean raw-chicken contact surfaces.

2. Roast for 35–45 minutes, turning after 20 minutes, until browned and every tested thick part reaches 165°F/74°C without the probe touching bone. Rest for 5 minutes.

3. After the chicken has roasted for about 10 minutes, heat remaining oil in the saucepan over medium heat. Cook onion for 6 minutes. Stir in bulgur, tomatoes, measured water and remaining salt. Bring to a simmer, cover and cook on low for 8 minutes.

4. Stir in frozen peas, cover and cook for another 5–7 minutes, or longer if required by their packet, until peas are hot and bulgur is tender. If the pan becomes dry before the grain softens, add water a tablespoon at a time. Remove from heat and stand covered for 5 minutes.

5. Divide bulgur and peas among four plates and add two small drumsticks to each.

Compare usable portions

Compare the actual price and portion size of the chicken packs available to you. Bone weight is part of the purchased drumstick weight; it does not become extra meat on the plate.

A useful detail

The base uses medium bulgur. Fine quick-soaking bulgur and very coarse bulgur behave differently; follow the grain’s texture and adjust with small amounts of water rather than leaving it dry or soupy.

Keep it well

Cool chicken and bulgur promptly in separate shallow portions within 2 hours, or 1 hour above 90°F/32°C. Refrigerate covered at 40°F/4°C or below for up to 3 days. Reheat both throughout to 165°F/74°C. If using the rice variation, apply the collection’s conservative 24-hour refrigerator limit and reheat the rice only once.