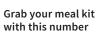


South Indian Chicken Drumstick Curry

with Garlic Butter Rice & Tomato Salad

SLOW-COOKER FRIENDLY

NEW













Chicken Drumsticks

Mild Curry





Curry Powder

Chicken-Style Stock Powder





Jasmine Rice

Carrot



Tomato



Coriander





Prep in: 20-30 mins Ready in: 4 hrs 20 mins-4 hrs 30 mins





Protein Rich

This slow-cooker curry boasts South Indian flavours, with curry powder and coconut milk intermingling with juicy chicken drumsticks. Time transforms these separate ingredients into a cohesive and delicious meal, served over fragrant garlic rice. It's like a hug in a bowl!

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

 $\label{eq:large-sol} \mbox{Large frying pan} \cdot \mbox{Slow cooker or Ovenproof saucepan} \cdot \\ \mbox{Medium saucepan with lid}$

Ingredients

2 People	4 People
refer to method	refer to method
3 cloves	6 cloves
1/2	1
1 medium packet	2 medium packets OR 1 large packet
1 medium packet	1 large packet
1 sachet	2 sachets
1 medium sachet	1 large sachet
1 medium packet	2 medium packets
³⁄₄ cup	1½ cups
20g	40g
1 medium packet	1 large packet
1 ½ cups	3 cups
1	2
1	2
1 packet	1 packet
drizzle	drizzle
	refer to method 3 cloves ½ 1 medium packet 1 medium packet 1 sachet 1 medium sachet 1 medium packet 1 medium packet ½ cup 20g 1 medium packet 1 ½ cups 1 1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3013kJ (720cal)	205kJ (49cal)
Protein (g)	48.5g	3.3g
Fat, total (g)	56.5g	3.8g
- saturated (g)	27.5g	1.9g
Carbohydrate (g)	49g	3.3g
- sugars (g)	13.3g	0.9g
Sodium (mg)	1127mg	76.7mg
Dietary Fibre (g)	13.7g	0.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Finely chop garlic.
- · Cut onion (see ingredients) into wedges.



Cook the chicken

- In a large frying pan, heat a drizzle of olive
 oil over high heat. Cook chicken drumsticks,
 turning, until browned on all sides, 3-4 minutes.
- Add **mild curry paste** and half the **garlic** and cook until fragrant, **1 minute**.



Add to the slow cooker

- Transfer chicken drumsticks (including pan juices!), onion, curry powder, chicken-style stock powder, coconut milk and the water (for the chicken) to slow cooker and set cooking temperature to high.
- Place lid on slow cooker and cook, turning drumsticks each hour, until chicken is tender and the meat is falling off the bone, 4 hours.

TIP: If you don't have a slow cooker, preheat oven to 200°C/180°C fan-forced. Transfer mixture to an ovenproof saucepan, cover with lid (or tightly with foil) and bake until chicken is tender, 90 minutes.



Cook the rice

- When the chicken has 20 minutes remaining, heat the butter with a dash of olive oil in a medium saucepan, over medium heat.
- Cook remaining garlic until fragrant,
 1-2 minutes. Add jasmine rice, water (for the rice) and a generous pinch of salt, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for 12 minutes, then remove from heat and keep covered until rice is tender and water is absorbed, 10-15 minutes.



Make the salad

- Meanwhile, grate carrot. Roughly chop tomato and coriander.
- In a medium bowl, combine carrot, tomato, coriander, a drizzle of white wine vinegar and olive oil. Season to taste.



Serve up

- Divide garlic butter rice between bowls.
- Top with South Indian chicken drumstick curry and tomato salad to serve. Enjoy!



ADD GREEK-STYLE YOGHURT Dollop on top before serving.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

