

# South Indian Chicken Drumstick Curry

with Garlic Butter Rice & Tomato Salad

SLOW-COOKER FRIENDLY

NEW

Grab your meal kit with this number

23



Garlic



Onion



Chicken Drumsticks



Mild Curry Paste



Curry Powder



Chicken-Style Stock Powder



Coconut Milk



Jasmine Rice



Carrot



Tomato



Coriander



Greek-Style Yoghurt



Chicken Thigh

Prep in: 20-30 mins

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



Eat Me Early



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

Large frying pan · Slow cooker or Ovenproof saucepan · Medium saucepan with lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
onion	½	1
chicken drumsticks	1 medium packet	2 medium packets OR 1 large packet
mild curry paste	1 medium packet	1 large packet
curry powder	1 sachet	2 sachets
chicken-style stock powder	1 medium sachet	1 large sachet
coconut milk	1 medium packet	2 medium packets
<b>water*</b> (for the chicken)	¾ cup	1½ cups
<b>butter*</b>	20g	40g
jasmine rice	1 medium packet	1 large packet
<b>water*</b> (for the rice)	1 ½ cups	3 cups
carrot	1	2
tomato	1	2
coriander	1 packet	1 packet
<b>white wine vinegar*</b>	drizzle	drizzle

\*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](https://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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW41



### CUSTOM OPTIONS

**+** ADD GREEK-STYLE YOGHURT  
Dollop on top before serving.

**↻** SWAP TO CHICKEN THIGH  
Follow method above, turning each hour.

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

