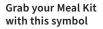


# Easy Bengali Baked Chicken Drumsticks with Greens & Garlic Rice















Chicken Drumsticks











Basmati Rice



**Baby Spinach** 



Baby Broccoli



Mango Chutney



paste)



Eat me early

Calling all chicken lovers! We've incorporated a melody of classic Indian flavours through a fusion of spices, curry pastes and chutney to enrich chicken drumsticks that are baked to falling-off-the-bone perfection. With all of these inspiring elements, it's sure to be a fan favourite in no time.

Olive Oil, Brown Sugar, Butter

### Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Medium or large baking dish lined with foil · Medium saucepan with a lid · Large frying pan

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3	6
ginger	1 knob	2 knobs
chicken drumsticks	1 packet	1 packet
Bengal curry paste	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
Mumbai spice blend	1 sachet	2 sachets
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
baby spinach leaves	1 bag (60g)	1 bag (120g)
baby broccoli	1 bunch	1 bunch
mango chutney	1 packet (50g)	1 packet (100g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3240kJ (774Cal)	<b>712kJ</b> (170Cal)
Protein (g)	43.1g	9.5g
Fat, total (g)	30g	6.6g
- saturated (g)	12.8g	2.8g
Carbohydrate (g)	85.9g	18.9g
- sugars (g)	16.1g	3.5g
Sodium (mg)	844mg	185mg

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.



#### Bake the chicken drumsticks

SPICY! The Bengal curry paste is hot, use less if you are sensitive to heat. Preheat the oven to 220°C/200°C fan-forced. Finely chop the garlic. Finely grate the ginger. Add the chicken drumsticks to a lined baking dish. Add the Bengal curry paste, Greek-style yoghurt, Mumbai spice blend, ginger, brown sugar, 1/2 the garlic, and a drizzle of olive oil. Toss to coat, then arrange in a single layer. Bake the chicken for 20 minutes. Remove the dish from the oven, then turn the chicken and spoon over any juices in the baking dish. Bake the chicken until golden brown and cooked through, a further 20-25 minutes.



# Cook the baby broccoli

While the rice is cooking, trim the **baby broccoli** and cut in half lengthways. When the chicken has **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **baby broccoli** with a dash of **water** until tender, **4-5 minutes**.



#### Cook the rice

While the chicken is baking, heat a medium saucepan over a medium heat with the **butter** and a dash of **olive oil**. Cook the remaining **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and a pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water has absorbed, **10 minutes**. When the rice is done, add the **baby spinach leaves** to the saucepan, stir to combine and cover to keep warm.

TIP: The rice will finish cooking in its own steam so don't peek!



# Serve up

Divide the spinach-garlic rice between plates. Top with the Bengali baked chicken drumsticks. Spoon over the remaining sauce from the baking dish. Serve with the baby broccoli and dollop over the **mango chutney**.

## Enjoy!