

Easy Bengali Baked Chicken Drumsticks

with Greens & Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Ginger



Chicken Drumsticks



Bengal Curry Paste



Greek-Style Yoghurt



Mumbai Spice Blend



Basmati Rice



Baby Spinach Leaves



Baby Broccoli



Mango Chutney



Hands-on: **15-25 mins**
Ready in: **50-60 mins**



Eat me early



Spicy (Bengal curry paste)

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.

Pantry items

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) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3240kJ (774Cal) | 712kJ (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.

1



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**.

3



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**.

2



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!*

4



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!