

Bengali Baked Chicken Drumsticks

with Garlic Rice & Mango Chutney

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 Curry

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

 Spicy (Bengal curry 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.

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 cloves | 6 cloves |
| ginger | 1 knob | 2 knobs |
| chicken drumsticks | 1 packet | 1 packet |
| Bengal curry paste | 1 packet | 1 packet |
| 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* | 1 ½ cups | 3 cups |
| baby spinach leaves | 1 bag (60g) | 1 bag (120g) |
| baby broccoli | 1 bag | 1 bag |
| mango chutney | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3604kJ (861Cal) | 714kJ (170Cal) |
| Protein (g) | 51.9g | 10.3g |
| Fat, total (g) | 34.8g | 6.9g |
| - saturated (g) | 14.3g | 2.8g |
| Carbohydrate (g) | 86g | 17g |
| - sugars (g) | 16.2g | 3.2g |
| Sodium (mg) | 882mg | 175mg |

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW41

1



Cook the chicken drumsticks

SPICY! The Bengal curry paste is hot, use less if you are sensitive to heat.

- Preheat oven to **220°C/200°C fan-forced**. Finely grate **garlic** and **ginger**.
- Add **chicken drumsticks** to a lined baking dish and season with **pepper**. Add **Bengal curry paste**, **Greek-style yoghurt**, **Mumbai spice blend**, **ginger**, **brown sugar**, 1/2 the **garlic**, and a drizzle of **olive**. Toss to coat chicken, then arrange in a single layer.
- Bake **chicken drumsticks** for **20 minutes**. Remove dish from the oven, then turn **chicken** and spoon over any juices in the baking dish. Bake **chicken** until golden brown and cooked through, a further **20-25 minutes**.

TIP: The yoghurt will char slightly in the oven, this adds to the flavour!

3



Cook the baby broccoli

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

2



Cook the garlic rice

- When chicken has **20 minutes** cook time remaining, heat a medium saucepan over a medium heat with the **butter** and a dash of **olive oil**. Cook remaining **garlic** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **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 rice is tender and water has absorbed, **10 minutes**.
- When rice is done, add **baby spinach leaves** to 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 spinach-garlic rice and baby broccoli between plates. Top with Bengali baked chicken drumsticks. Spoon over remaining sauce from baking dish.
- Serve with a dollop of **mango chutney**.

Enjoy!