



TANDOORI CHICKEN DRUMSTICKS

with Spinach & Garlic Rice



Flavour chicken drumsticks with tandoori paste



Tandoori Paste



Greek Yoghurt



Chicken Drumsticks



Baby Spinach Leaves



Garlic



Basmati Rice



Cucumber



Tomato



Mango Chutney

Hands-on: **30 mins**
Ready in: **55 mins**

Eat me early

Naturally gluten-free
Not suitable for Coeliacs

Roasted in the oven and with tasty, slightly charred edges, chicken drumsticks are an easy and delicious way to enjoy tandoori flavours. Served with fragrant garlic spinach rice plus a crunchy salad, this mild meal is a family winner!

Pantry Staples: Olive Oil, Butter, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **large baking dish** lined with **baking paper**
- **medium saucepan** with a **lid**



1 ADD FLAVOUR TO THE CHICKEN

Preheat the oven to **220°C/200°C fan-forced**. Combine the **tandoori paste**, **Greek yoghurt**, **salt (for the chicken)** and a **drizzle of olive oil** in a large bowl. Cut two deep slashes onto either side of each **chicken drumstick**, then add to the tandoori mixture and turn to coat. **TIP:** Adding the cuts helps the marinade penetrate deeper into the chicken and also helps cut down on cook time!



2 BAKE THE CHICKEN

Place the **drumsticks mixture** in a large baking dish lined with baking paper and bake for **20 minutes**. Remove from the oven, turn the drumsticks and spoon over any juices in the baking dish. Bake until the chicken is cooked through, **25-30 minutes**. **TIP:** The spice blend will char slightly, this adds flavour to the dish!



3 COOK THE SPINACH

While the chicken is baking, roughly chop the **baby spinach leaves**. Place a medium saucepan over a medium-high heat with a **drizzle of olive oil**. Add the baby spinach and cook, stirring, until wilted, **1 minute**. Transfer to a small bowl. **TIP:** Frying the spinach gives better flavour and texture to the spinach rice!



4 COOK THE RICE

Finely chop the **garlic** (or use a garlic press). Return the saucepan to a medium heat with the **butter** and a **dash of olive oil**. Add the garlic and cook until golden and fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and **salt (for the rice)** to the pan and 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**. Stir the spinach through the rice. **TIP:** Leave the spinach out of the kids portions if they're not fans!



5 MAKE THE SALAD

While the rice is cooking, roughly chop the **cucumber** and **tomato**. Transfer to a medium bowl and add the **vinegar** and a **generous pinch of salt** and **pepper**. Toss to combine. **TIP:** Leave some salad without dressing for the kids if they prefer!



6 SERVE UP

Divide the spinach and garlic rice and tandoori drumsticks between plates. Serve with the tomato and cucumber salad and **mango chutney** on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
tandoori paste	2 tubs (100 g)
Greek yoghurt	1 pack (100 g)
salt* (for the chicken)	½ tsp
chicken drumsticks	2 packets
baby spinach leaves	1 bag (120 g)
garlic	3 cloves
butter*	40g
basmati rice	2 packets
water*	3 cups
salt* (for the rice)	½ tsp
cucumber	2
tomato	2
vinegar* (white wine or red wine)	2 tsp
mango chutney	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3370kJ (806Cal)	683kJ (163Cal)
Protein (g)	60.2g	12.2g
Fat, total (g)	28.9g	5.8g
- saturated (g)	11.1g	2.2g
Carbohydrate (g)	73.0g	14.8g
- sugars (g)	9.8g	2.0g
Sodium (g)	1420mg	287mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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