



# UCOOK

## One Tray Butter Chicken Drumsticks

with naan bread, fresh coriander & radish

Golden-roasted chicken drumsticks, accompanied by crispy potato chunks and sweet carrot wedges, are smothered in a Spice & All Things Nice Indian Butter Chicken Paste-spiced yoghurt. Sided with a refreshing radish, cucumber & spring onion salad. Grab a naan quarter to soak up every last drop of delectable sauce!

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**Hands-on Time:** 10 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Ella Nasser

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 Quick & Easy

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 Waterford Estate | Range Grenache Noir 2019

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## Ingredients & Prep

4	Free-range Chicken Drumsticks
500g	Potato Chunks
240g	Carrot <i>rinsed, trimmed &amp; cut into wedges</i>
2	Garlic Cloves
20g	Fresh Ginger
100ml	Low Fat Plain Yoghurt
60ml	Spice & All Things Nice Indian Butter Chicken Paste
8g	Fresh Coriander
200g	Cucumber
40g	Radish
1	Spring Onion
2	Naan Breads

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. DRUM(STICKS) ROLL, PLEASE** Preheat the oven to 220°C. Pat the chicken drumsticks dry with paper towel. Place on a roasting tray along with the potato chunks and the carrot wedges. Coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crispy, shifting halfway.

**2. THAT LOOKS GRATE** While the chicken is roasting, peel and grate the garlic and ginger. Place in a bowl along with the yoghurt, the curry paste, and seasoning. Mix until fully combined. Add a splash of water to loosen until drizzling consistency.

**3. ROUNDS AND HALF-MOONS** Rinse and pick the coriander. Cut the cucumber into half-moons and slice the radish into rounds. Roughly slice the spring onion. In a bowl, combine the cucumber half-moons, the radish rounds, the sliced spring onion, ½ the picked coriander, seasoning, and a drizzle of oil. Set aside for serving.

**4. GET YOUR COAT** When the roast has 10 minutes remaining, remove the tray from the oven and coat the chicken and veg in the curry yoghurt. Return to the hot oven to roast for the remaining time.

**5. YOU'RE SECOND TO NAAN** Place the naan breads in a single layer on a baking tray and heat up in the hot oven for 2-3 minutes. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds. Cut into quarters.

**6. GET THE PLATES OUT!** Plate up the butter chicken tray bake. Side with the naan quarters and the fresh salad. Sprinkle over the remaining coriander. Tuck in, Chef!

## Nutritional Information

Per 100g

Energy	489kj
Energy	117kcal
Protein	7.5g
Carbs	12g
of which sugars	1.7g
Fibre	1.5g
Fat	4.2g
of which saturated	1g
Sodium	146mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within 3  
Days