



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!

Hands-on Time: 10 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Waterford Estate | Range Grenache Noir 2019

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

2	Free-range Chicken Drumsticks
250g	Potato Chunks
120g	Carrot <i>rinsed, trimmed & cut into wedges</i>
1	Garlic Clove
10g	Fresh Ginger
50ml	Low Fat Plain Yoghurt
30ml	Spice & All Things Nice Indian Butter Chicken Paste
4g	Fresh Coriander
100g	Cucumber
20g	Radish
1	Spring Onion
1	Naan Bread

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 bread on a baking tray and heat up in the hot oven for 2-3 minutes. 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