

Curry Chicken

Chicago, IL

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prep time: 20 min

total time: 90 min

serves: 8

ingredients

8 chicken drumsticks
2 ½ tablespoons curry powder
2 teaspoons thyme
2 teaspoons Cajun seasoning
2 teaspoons garlic powder
2 ½ tablespoons vegetable oil
1 ¼ cup water
½ teaspoon chicken soup base,
low sodium
1 1/3 cups baking potato,
peeled and diced
2/3 cup onions, diced
8 pieces of whole wheat
flatbread

preparation

- 1 Combine curry powder, thyme, Cajun seasoning and garlic powder. Rub mixture on chicken drumsticks. Cover and refrigerate overnight.
- 2 Preheat oven to 350° F. Meanwhile, pour vegetable oil into braising pan. Cook chicken on medium heat for 10 minutes until golden brown on all sides.
- 3 Combine water and soup base in a small bowl. Stir until base is dissolved and set aside.
- 4 Place chicken in a baking dish. Add potatoes, onions and soup mixture.
- 5 Cover with foil and bake for one hour, until chicken is completely cooked, potatoes are tender and sauce is thickened.
- 6 Serve and enjoy drumsticks with flatbread on the side.