

Snacky Stuff

Dangerously Good Drumsticks



Sticky Chicken (serves 4)

Ingredients:

4 chicken drumsticks
2 tablespoons sweet chili sauce
Zest and juice ½ lime
Pinch lemon grass

Equipment:

Oven and Oven gloves
Baking tray
Bowl
Tablespoon
Grater



Recipe:

- 1 Pre-heat the oven to 180°C. Line the baking tray with greaseproof paper.
- 2 In a small bowl combine the sweet chili sauce, lime zest and juice and pinch of lemon grass.
- 3 Add the chicken drumsticks and leave to marinate in the refrigerator for up to 4 hours.
- 4 Place on a lined baking tray and bake for 20 – 25 minutes until golden and juices run clear.
- 5 Leave to cool and enjoy!

Tomato Chicken (serves 6)

Ingredients:

6 chicken drumsticks
Small can chopped tomatoes
Tablespoon sundried tomatoes
Pinch dried basil
Pinch oregano

Equipment:

Oven and Oven gloves
Baking tray
Bowl
Tablespoon
Hand blender



Recipe:

- 1 Pre-heat the oven to 180°C. Line the baking tray with greaseproof paper.
- 2 In a small bowl combine the tomatoes, sundried tomatoes and herbs.
- 3 Using a hand blend blitz the marinade to a puree consistency.
- 4 Add the chicken drumsticks and leave to marinate in the refrigerator for up to 4 hours.
- 5 Place on a lined baking tray and bake the chicken for 20 – 25 minutes until golden, until the juices run clear
- 6 Leave to cool and enjoy!

Or why not try...

- Lemon and thyme
- Thai red curry paste and creamed coconut
- Honey, mustard and lemon or orange juice
- Spice rub – combine your favourite aromatic spices and rub on the drumsticks
- Worcester sauce and tomatoes – blitz down for a tomato sauce with real depth!
- Egg and breadcrumbs – coat in whisked egg and dip in breadcrumbs