

4

Chicken drumsticks

Ingredients

Serving: 1 chicken drumstick each

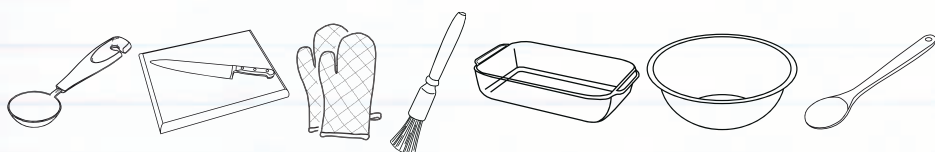
- 4 chicken drumsticks
- 1 x 5ml spoon of oil

Extra flavours

- Soy sauce, chilli and garlic
- Tandoori paste, yogurt and lemon
- Jerk seasoning



Equipment



Method

1. Preheat oven to 190°C or gas mark 5.
2. Remove the skin from the drumsticks.
3. Prepare the extra flavours if using.
 - 1 x 5ml spoon soy sauce, ½ red chilli (chopped), 1 clove garlic (crushed), drizzle of oil.
 - 1 x 5ml spoon tandoori paste, 1 x 15ml spoon plain yogurt, ½ lemon (juiced)
4. Coat the drumsticks with the extra flavours, if you wish. If not, brush oil over the drumsticks to stop from sticking.
5. Place drumsticks into the oven-proof dish.
6. Roast the chicken drumsticks for 30 minutes.
7. Check that the chicken is cooked completely by piercing the thickest part with a clean knife. The chicken is cooked when the juices run clear.



Something to try next time

- * Coat the chicken in Honey or BBQ sauce.
- * Serve with a crunchy salad!

Skills

- | | |
|-------------------|---|
| Handling raw meat | ✓ |
| Using the oven | ✓ |
| Roasting | ✓ |



EAT FOR HEALTH

- * Chicken is a good source of protein for growth and development.
- * Removing the skin helps you cut down on fat.

TAKE CARE!

Wash hands after touching raw meat.

Make sure the raw meat does not touch other foods.

Make sure you've got an adult to help you use the oven safely.