

Baked Chinese Chicken Drumsticks

Serves 5

Preparation Time: 10 mins

Cooking Time: 1 hr

Don't just roast your chicken plain – jazz it up with a sweet and sticky sauce!

Ingredients

- ❖ olive oil, to drizzle
- ❖ 10 chicken drumsticks
- ❖ sea salt
- ❖ black pepper
- ❖ 90ml (6 tbsp) honey
- ❖ 45ml (3 tbsp) fish sauce
- ❖ 22.5ml (1½ tbsp) light soy sauce
- ❖ juice of 1½ lemons
- ❖ 45ml (3 tbsp) rice wine vinegar
- ❖ 22.5ml (1½ tbsp) sesame oil

Directions

1. Preheat the oven to 140°C/fan 120°C/285°F/gas mark 1.
2. Lightly oil a large baking dish. Season the drumsticks with salt and pepper and arrange in the dish in a single layer. Drizzle over a little olive oil, cover with foil and bake in the oven for 40 minutes.
3. Prepare the glaze in the meantime. Mix all the ingredients together in a small bowl until evenly combined.
4. Take the chicken out of the oven and increase the temperature to 180°C/fan 160°C/350°F/gas mark 4.
5. Pour over the glaze and coat each drumstick.
6. Return the chicken to the oven and bake for another 20 minutes, turning several times, until the chicken is tender and nicely glazed.
7. Let the chicken rest for a few minutes before serving.

Serving Suggestion

Serve with steamed rice and purple sprouting broccoli or green beans.

Notes

- ✓ Drumsticks were used in this recipe to ensure even cooking. You are welcome to use chicken wings, thighs or breasts instead. Take note that you will need a longer cooking time if the pieces are bigger – bake for longer at 140°C/fan 120°C/285°F/gas mark 1 but keep the browning/glazing stage at 20 minutes at 180°C/fan 160°C/350°F/gas mark 4.

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