

Sticky Balsamic Chicken Drumsticks (Serves 4)

Ingredients

Marinade

- 4 tbsp good quality balsamic vinegar
- 2 tbsp honey or maple syrup
- 1 clove garlic, crushed

Chicken Drumsticks

- 8 chicken drumsticks
- Spring onions, finely sliced, to serve

Method

1. Combine the marinade ingredients in a large bowl. Add the chicken drumsticks and toss to coat. Cover with cling wrap and place in the fridge to marinate for 20 minutes or overnight.
2. Pre-heat an oven to 200°C/ 180°C fan forced. Line a baking tray with baking paper. Remove the drumsticks from the fridge and place on the baking tray in a single layer. Bake in the preheated oven for 40-45 minutes or until cooked through and caramelised. Remove from the oven and allow to cool before serving.

Chef's Tips

- These drumsticks are great served with couscous and a side salad.
- Though acidic prior to cooking, the balsamic vinegar combines with the honey to form a sweet sticky glaze for the chicken. Try it today!
- To check if the chicken is cooked, pierce the thickest part of the drumstick with a skewer. The juices will run clear, and not pink, when cooked.