



Tandoori Chicken Drumsticks

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- 2 SMALL RED ONIONS - THINLY SLICED
- 1/2 CUP CORIANDER - CHOPPED
- 4 TABLESPOONS LIME JUICE
- 2KG CHICKEN DRUMSTICKS
- 1 CUP GREEK (NOT "GREEK STYLE") OR NATURAL YOGHURT (NO FLAVOUR)
- 4 TABLESPOONS TOMATO PASTE
- 10 CLOVES GARLIC (CRUSHED) OR 10 TEASPOONS OF MINCED GARLIC
- 2 TEASPOONS GINGER (GRATED) OR 2 TEASPOONS MINCED GINGER
- 2 TEASPOONS SEA SALT
- 1 TEASPOON GROUND BLACK PEPPER
- 2 TEASPOONS GROUND CUMIN
- 2 TEASPOONS GROUND CORIANDER
- 1/2 TEASPOON CAYENNE PEPPER
- 2 TEASPOONS GROUND TURMERIC
- 2 TEASPOONS GARAM MASALA
- COCONUT OIL (MELTED) FOR BRUSHING

- MIX ONIONS, LIME JUICE, CORIANDER AND SALT IN A SMALL BOWL AND SET TO THE SIDE.
- USE A SMALL SHARP KITCHEN KNIFE TO CUT SLITS IN THE SKIN OF THE CHICKEN DRUMSTICKS, OR POKE HOLES WITH A FORK.
- IN A LARGE BOWL MIX TOGETHER GREEK YOGHURT, TOMATO PASTE, GARLIC, GINGER, SALT, PEPPER AND SPICES.
- PLACE CHICKEN AND YOGHURT MIXTURE IN A VERY LARGE SNAP LOCK BAG. SQUEEZE THE AIR OUT OF THE BAG AND SEAL THE TOP. MOVE THE MIXTURE AROUND INSIDE THE BAG TO FULLY COAT THE CHICKEN. LEAVE IN THE FRIDGE FOR 2 HOURS.
- REMOVE CHICKEN FROM FRIDGE 30 MINUTES PRIOR TO COOKING.
- PREHEAT OVEN TO 200.
- BRUSH A BAKING TRAY WITH COCONUT OIL. PLACE CHICKEN IN THE BAKING TRAY.
- BAKE FOR 35 MINUTES, TURNING EVERY 10 MINUTES.

NUTRITION INFORMATION

HEALTH BENEFITS OF ONION

- RICH IN VITAMIN C, FOLIC ACID (B9), CALCIUM AND IRON.
- POWERFUL ANTIOXIDANT AND ANTI-INFLAMMATORY.

HEALTH BENEFITS OF CORRIANDER & LIME JUICE

- PROMOTES DIGESTION AND GUT HEALTH.

HEALTH BENEFITS OF CHICKEN

- QUALITY SOURCE OF PROTEIN AND HEALTHY FAT.
- LOADED WITH MICRONUTRIENTS INCLUDING B GROUP VITAMINS, ZINC AND SELENIUM. ADEQUATE INTAKE OF ZINC IS INCREDIBLY IMPORTANT FOR OVERALL HEALTH AND WELLNESS.

HEALTH BENEFITS OF GARLIC

- POWERFUL ANTI-INFLAMMATORY.
- QUALITY SOURCE OF VITAMIN C.
- AIDS IN LOWERING BLOOD CHOLESTEROL
- ANTIBACTERIAL PROPERTIES WHICH CAN ASSIST IN PREVENTING FOOD POISONING.

HEALTH BENEFITS OF SPICES

- TURMERIC IS A POWERFUL ANTI-INFLAMMATORY. INFLAMMATION IS IMPORTANT TO BE AWARE OF AS IT IS NOT ALWAYS VISIBLE (E.G ARTHRITIS, SWOLLEN KNEE).
- CUMIN PROMOTS DIGESTION, IS A RICH SOURCE OF IRON AND CAN ASSIST IN MANAGING CHRONIC CONDITIONS SUCH AS TYPE II DIABETES, CARDIOVASCULAR DISEASE AND
- AIDS IN LOWERING BLOOD CHOLESTEROL.
- ANTIBACTERIAL PROPERTIES WHICH CAN ASSIST IN PREVENTING FOOD POISONING.

HEALTH BENEFITS OF TOMATO

- MAJOR DIETARY SOURCE OF THE ANTIOXIDANT 'LYCOPENE'. LYCOPENE IS LINKED TO REDUCING THE RISK OF HEART DISEASE AND CANCER. IT IS ALSO VERY IMPORTANT FOR PROSTATE HEALTH.