

Bang-tasty chicken drummers

So simple, yet deliciously tasty!

Serves: 4 adults

Preparation time: 20 mins

Cooking time: 30 mins

Ingredients:

- 2 tbsp tomato puree
- 2 tbsp reduced salt soy sauce
- 2 tbsp lemons juice only
- 8 skinless chicken drumsticks
- 880g potatoes peeled and cut into chunks
- 4 carrots (or 320g) sliced
- 320g frozen peas
- 4 tbsp 1% fat milk
- 1 pinch ground black pepper

What to do:

1. Put the tomato puree, reduced salt soy sauce and lemon juice into a mixing bowl (not a metal one). Mix well and season with black pepper. Add the chicken drumsticks, turning to coat them in the mixture. Cover and refrigerate for at least 30 minutes, or overnight if preferred.
2. When ready to cook, preheat the oven to Gas Mark 6/200°C/fan oven 180°C.
3. Arrange the drumsticks in a foil-lined roasting tin and roast for 30 minutes, brushing them with the remaining glaze after 20 minutes.
4. While the chicken is roasting, boil the potatoes and carrots in separate saucepans until tender- they will take about 20 minutes. Put the peas on to cook in a little boiling water, 5 minutes before the chicken is ready.
5. Drain and mash the potatoes, beat in the milk and season with black pepper. Serve with the chicken drumsticks, carrots and peas.

Tip 1: You could use frozen or canned carrots if you prefer.

Tip 2: Try making mash with a mixture of potatoes and butternut squash for a different flavour.

Tip 3: Chicken skin has a high fat content, so that's why it's best to remove it.

Nutritional information:

Per portion (i.e. ¼ recipe)

1690kJ / 404kcal

36g protein

54g carbohydrate of which 11g sugars

6.5g fat of which 2g saturates

9g fibre

229mg sodium equivalent to 0.5g salt

