



PATRICK'S SPICY CHICKEN DRUMSTICKS

SERVES 2

PREP TIME 1 HOUR

Ingredients:

800Gms Chicken Drumsticks
4 Cloves Garlic, Minced
3Tbsp Sunflower Oil
3Tbsp Sunflower Oil (For Searing)
2Tsp Paprika
1Tsp Cayenne Pepper
2Tsp Black Pepper
3Tsp. Salt
1/2Tbsp Ground Cumin
1/2Tbsp Ground Coriander
1Tsp Dried Oregano
1Tsp Dried Thyme
2Tsp Lemon Juice
2Tsp White Wine Vinegar
1Jar Jars of Goodness Hot passion Sauce

Method:

1. Thoroughly wash the chicken under running water then let dry on paper towels.
2. In a medium bowl, combine all the ingredients & whisk together well.
3. Add the chicken & coat with marinade. Cover & let marinate. In the fridge for 4 hours. Remove from fridge and let come to room temperature.
4. Heat. A large hot skillet and add 3 tbsps oil. Sear the drumsticks for about 3 mins on each side. Add the drumsticks to a baking tray lined with aluminium foil and roast for about 30 mins in a pre-heated oven at 220C.
5. Serve warm with Jars of Goodness Hot Passion Sauce.