



## Tangy Chicken Drumsticks

Serves 4

Time to make 55 mins (plus 1 hour marinating time)

### Ingredients

8 Waitoa Free Range Chicken Drumsticks, skin removed

### Marinade

4 tablespoons **Select Tomato Relish**

3 tablespoons **Delmaine Steak Sauce**

1 tablespoon **Ceres Organics Extra Virgin Olive Oil**

### Quinoa Salad

1 ¼ cups **Ceres Organics Red Quinoa and Ceres Organics White Quinoa** (about ½ white, ½ red)

2 ½ cups **Select Liquid Salt-Reduced Chicken Stock**

3 spring onions, chopped

3 tablespoons Peppadew Peppers, chopped

3 tablespoons **Tasti Walnut Pieces**

3 tablespoons roughly chopped **Palmers Fresh Mint**

### Balsamic tomato and cucumber salad

2 cups fresh cherry tomatoes

2 cups diced cucumber

2 tablespoons **Ceres Organics Paleo Savoury Mix**

2 tablespoons **Ceres Organics Coconut Balsamic Dressing**

### Garnish

**Lemon, wedges**

**Palmers Fresh Mint Leaves**, small, to garnish

### Instructions

Trim drumsticks of visible fat. Make several deep slashes in the fleshy end of each stick. Place in a non-metallic bowl. In a separate small bowl mix marinade ingredients together. Coat drumsticks. Cover and marinate for at least 1 hour in the fridge.

Place marinated drumsticks on a non-stick baking tray with 2 tablespoons of water and pop into a pre-heated oven at 190 degrees to cook for 30-40 minutes. (Alternatively, you could cook these on a BBQ.)

While the chicken is cooking, rinse quinoa under running water. Put quinoa and stock in a pot, cover and bring to the boil. Reduce heat to simmer until all liquid is absorbed, about 15-20 minutes. When cooked and slightly cooled, mix with the spring onions, pepperdews, walnuts, and mint.

In a separate bowl, mix salad ingredients together and set aside.

When the chicken is cooked through, serve with quinoa salad and salsa. Garnish with lemon and mint.