

healthy body



healthy mind

07772 076847
healthy@tlfitness.co.uk

Crispy Spiced chicken drumsticks

6 Chicken drum sticks - skinned and slashed
4 tbsp. Ground Almonds
1 tbsp. Curry paste - Thai or Indian
1 tbsp. Coconut milk or normal milk
Cracked black Pepper

Method

Pre heat the oven to 180c.

Skin around six chicken drumsticks and slash with a sharp knife.

In a bowl combine the ground almonds, curry paste and pepper with the milk mixing until you get a wet paste consistency. Get stuck in and coat the drumsticks with the mix making sure they are evenly coated. Place on a baking tray and cook until golden brown for around 25-35mins.