



ONE PAN TURMERIC CHICKEN DRUMSTICKS

These Turmeric Roast Chicken Drumsticks are the perfect mid-week dinner. All made in one-pan means that this recipe is fuss-free, easy and requires less washing up, win, win, win!

🕒 10 minutes

🕒 55 minutes

🍴 2 portions

INGREDIENTS

- 1 tbsp of oil, coconut (14 g)
- 1.5 tsps of curry powder (3 g)
- 1.5 tsps of turmeric
- 1 tsp of paprika (2 g)
- 1 large potatoes, peeled and cut into 2cm chunks
- Basil leaves for serving (optional)
- 4 chicken drumsticks, meat and skin (284 g)

COOKING METHOD

- 1° Preheat oven to 220°C / 425°F / Gas Mark 7
- 2° Add drumsticks to a small baking dish. Drizzle with melted coconut oil, and season with salt and pepper. Scatter over half of the spices and use your fingers to rub it into the skin and meat. Arrange the chopped potatoes around the chicken, lightly drizzle the potatoes with a little more coconut oil.
- 3° Place chicken into the oven and cook for 25 minutes. Remove from the oven and flip the drumsticks over. Sprinkle the remaining spices on top. Place back into the oven and allow to cook for a further 20 minutes.
- 4° Once cooked, remove from the oven and allow to cool slightly before serving. Sprinkle with fresh basil leaves if you like.
- 5° Side options: Simply serve drumsticks and roasted veg with 1 cup of mixed salad leaves per person.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (339 g)	% DRI
ENERGY	150 kcal	511 kcal	26 %
FAT	7 g	24 g	36 %
FATTY ACIDS, TOTAL SATURATED	3 g	10 g	49 %
CHOLESTEROL	62 mg	212 mg	71 %
SODIUM	168 mg	570 mg	24 %
CARBOHYDRATE	10 g	35 g	12 %
SUGARS	1 g	2 g	—
FIBER	2 g	6 g	22 %
PROTEIN	12 g	41 g	—