

EN Each portion contains

610 kJ/145 kcal

9 g protein

11 g total fat, 3 g saturated fat

2 g carbohydrates

0 g fibre

Spicy Drumsticks with Barbecue Marinade

Main course - 4 portions

🕒 5 minutes (+ 20 min to marinate) + 20 minutes airfryer

1 clove garlic, crushed
 ½ tablespoon mustard
 2 teaspoons brown sugar
 1 teaspoon chili powder
 Freshly ground black pepper
 1 tablespoon olive oil
 4 drumsticks

1. Preheat the airfryer to 200°C.
2. Mix the garlic with the mustard, brown sugar, chili powder, a pinch of salt and freshly ground pepper to taste. Mix with the oil.
3. Rub the drumsticks completely with the marinade and leave to marinate for 20 minutes.
4. Put the drumsticks in the basket and slide the basket into the airfryer. Set the timer to 10-12 minutes. Roast the drumsticks until brown.
5. Then lower the temperature to 150°C and roast the drumsticks for another 10 minutes until done.
6. Serve the drumsticks with corn salad and French bread.

Tips

Corn Salad

Serve the drumsticks with a refreshing corn salad. Drain a can of corn kernels (300 gram). Cut four tomatoes into four sections and remove the seeds. Cut the flesh of the tomatoes into cubes. Mix the corn with the tomato cubes, 1 finely sliced green onion, the juice of half a lime, 2 tablespoons fresh, coarsely chopped coriander, and some salt and freshly ground chili pepper to taste.

Chicken legs

This marinade is also great for chicken legs. You can roast two chicken legs at a time in the airfryer, first 10 minutes at 200°C and then 20 minutes at 150°C.