



Sticky Sesame Chicken Drumsticks

(80 Calories complete on Farm Day (R))

12 large chicken drumsticks, skinned
Lime halves to serve

For the marinade:

2cm piece root ginger, peeled & grated
2 garlic cloves, peeled & grated
2 tsp Chinese 5 spice powder
6 tbsp soy sauce
3 tbsp tomato puree
Finely grated zest & juice of 1 orange
2 *tsp* sesame oil (80 cals)

Make three or four cuts into the chicken flesh with a sharp knife and place the drumsticks in a ceramic bowl.

Mix all the marinade ingredients together and pour over the chicken. Toss to mix well and leave to marinate for at least 8 hours, or overnight if possible, turning occasionally.

Preheat oven to 200oC/Fan180oC/Gas6

Place the drumsticks in a roasting tray with any marinade left in the bowl. Cook in the oven for about 45 minutes, turning occasionally and basting with the marinade and juices until sticky, golden and cooked through.

Serve warm or at room temperature with lime halves to squeeze over

