

Purple Carrot Cook

GINGER AND APRICOT CHICKEN

SERVES 4 / PREPARE 5 MINS / COOK 15 MINS

Ingredients

8	Organic Chicken Drumsticks	2 tbsp	Ginger, peeled and roughly chopped
1 tbsp	Sesame seeds	3	Soft dried apricots
		2	Limes, juice
		2 tbsp	Cold water
For the Marinade			
6 tbsp	Light low salt soy sauce or tamari		
4 tbsp	Sesame oil		
3	Garlic cloves		

Instructions

Blend the ingredients for the marinade in a processor or pound in a mortar and pestle until you get a smooth consistency.

Put the chicken drumsticks in a large freezer bag and then pour the marinade in. Give the contents a good squeeze and put the bag in the fridge for a couple of hours (you can leave it overnight if you are preparing dinner ahead), giving it bit of a shake every now and then to ensure the chicken is marinating evenly.

Once ready to cook the chicken, pre-heat the oven to 190C or fire up the BBQ!

Pour the contents of the bag into a roasting tin and bake in the oven for approx. 30 min, turning once or twice so the drumsticks brown evenly.

If cooking on the BBQ, remove the drumsticks from the bag and shake off the excess marinade and cook until a sharp knife stuck on the thickest part of the drumstick yields clear juices – 20minutes approximately turning every now and again.

You can pour the remaining marinade into a saucepan, cook it down for 10 minutes and serve alongside the chicken.

Serve the drumsticks with a peas and brown rice or noodles.



Nutrifacts



Chicken contains lean **PROTEIN** needed for growth it is also high in **TRYPTOPHAN** an essential amino-acid need to produce melatonin and serotonin that influence mood and sleep cycles.

Garlic is high in an important antioxidant, **VITAMIN C** which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

Dried fruits are quite high in sugar but its effect on blood sugar levels is modulated by the **HIGH FIBRE** content.

Ginger has anti-inflammatory properties and aids digestion.

Limes are high in **VITAMIN C** to help maintain our immune system in good shape.