

## PAPRIKA MARINATED DRUMSTICKS

SERVES 6 / PREPARE 10 MINS / COOK 45 MINS

### Ingredients

- 12 Organic Chicken Drumsticks
- 4 tbsp Refined olive oil
- 6 Minced garlic cloves
- 2 Bay leaves
- 1 Unwaxed lemon (juice and zest)
- 1 tsp Paprika
- 2 tbsps Chopped Oregano
- 2 tbsps Chopped Thyme
- 1 Large Sealable plastic bag
- Salt & pepper (to taste)

### Instructions

Pre-heat the oven to 160C.

In a medium sized bowl, mix all the ingredients except the chicken. 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, pour the contents of the bag into a roasting tin and bake in the oven for approx. 45 minutes, turning once or twice so the drumsticks brown evenly.

Serve with a broad bean and mint salad and some potatoes a papillote.



### Nutrifacts



**Chicken** contains PROTEIN to help your body heal and grow and it is quite low in saturated fat if you avoid the skin. **Chicken** is high in niacin, a B vitamin essential for energy production, metabolism and production of serotonin, which regulates mood, appetite and sleep, and glucose tolerance factor(GTF) which enhances insulin activity in taking glucose into cells to produce energy.

**Refined olive** oil has a higher smoke point than extra virgin olive oil so it is best to use it when roasting or frying at high temperatures. For salads, it is best to use extra virgin olive oil as it contains more of the beneficial monounsaturated fats.

**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.