

Chicken Drumstick and Salad

Serves 4

8 medium sized chicken drumsticks
4 small kumara
A bag of salad greens, grated carrots and beetroot
Olive oil
Balsamic vinegar
Sesame Oil
Sea salt

Marinate chicken drumsticks with sea salt and toasted sesame oil. Leave of at least 30 minutes. Clean and remove skin from kumara. Spray with some olive oil. (optional: you can sprinkle some chopped garlic and rosemary to kumara for added flavour).

Arrange drumsticks and kumara on an oven tray and bake at 175C for 40 minutes. Use skewer to test to make sure it is cooked.

Toss together salad greens, grated carrots and beetroot with olive oil and balsamic vinegar. Serve 2 handfuls of vegetables with 2 drumsticks and 1 small kumara each.