

Barbeque Chicken Drumsticks

Ingredients

- 3 tbsp tomato ketchup
- 2 tbsp clear honey
- 2 tbsp sweet chilli sauce
- 1 tbsp soy sauce
- 1 tbsp olive oil
- 1 tbsp white wine vinegar
- 1 tsp Cajun seasoning (or smoked paprika)
- Your choice: Chicken drumsticks, chicken breasts cut up into strips, vegetables, tofu, pork chops, jumbo sausages!

Equipment

- Large plastic freezer bag
- 1 tablespoon
- 1 teaspoon
- 1 large baking tray
- Greaseproof paper
- Tongs

Prep. time

1 hr 15 mins

Cook time

40 mins

Oven temperature

180 ° C

Makes

6-8 drumsticks

Method

1. Mix the BBQ sauce: Open out a freezer bag, then spoon in the ketchup, honey, chilli sauce, soy sauce, oil, vinegar and spice. Close the bag and squidge the ingredients together to mix them.
2. Add the chicken: Make 2 or 3 deep cuts in the meaty part of the drumsticks with a sharp knife (this helps them take on lots of flavour from the sauce). Put the chicken in the bag with the sauce and close. Wash your hands. Squidge everything together again so all the drumsticks are well coated. Leave out for 1 hr, or in the fridge overnight, to marinate.
3. Place on a large flat tray lined with greaseproof paper and bake in the oven at 180°C for 40 minutes or until cooked through. If doing on a BBQ, always check they are cooked through. You can cook them in an oven for 30 minutes and then finish them on the BBQ to be sure they are fully cooked.