

Wholesome at Home

Honey and Whole Grain Mustard Chicken Drumsticks

This recipe is a very easy and yummy chicken dish everyone in the family will love.

 Serves 2

 Around 30 minutes

Ingredients

- 4 chicken drumsticks
- 50ml sweet soy sauce
- 60ml honey
- 1 tablespoon wholegrain mustard
- 2-3 cloves garlic, crushed
- 20g ginger, crushed
- 30ml olive oil
- 1 onion, diced

Method

1. In a medium size pot, add oil, brown onions and drumsticks and cook for 5 minutes.
2. Add garlic, ginger and mix well.
3. Add the sauces and whole grain mustard – let it simmer until cooked for around 20 minutes.
4. Serve with some rice or mash potato.

Chef's Tip: To thicken up the sauce use cornflour mixed with water and add until the right consistency.

