



Chicken drumsticks and coleslaw

Serves 2
Prep 10 minutes
Cooking 30 minutes

Ingredients

3 tbsp plain flour
1 tbsp plain flour
1 egg (beaten)
4 chicken drumsticks
Olive oil (optional)
Small wedge of white cabbage, finely sliced
½ carrot, grated
½ red onion, thinly sliced
2 tbsp low calorie mayonnaise

Method

1. Heat the oven to 190°C.
2. Mix together the flour and spice in a shallow bowl, put the beaten egg into another bowl, roll the drumsticks in the flour, then the egg, then back in the flour.
3. Place on a greased oven tray and cook for 30 minutes until cooked. For an extra crispy coating drizzle with a little olive oil halfway through cooking.
4. Mix together all the ingredients for the coleslaw and serve with the crispy drumsticks.