



AB's Honey Mustard Chicken Drumsticks

A delicious and easy to make meal the whole family will enjoy.

PREP TIME: 30 MIN

COOK TIME: 35 - 45 MIN

INGREDIENTS

- 2.25kg chicken drumsticks

Mustard Sauce

- 1 1/4 cups sour cream
- 1 cup dijon mustard
- 1/2 cup Rainforest Honey and chilli mariande

Rainforest Honey and Chilli Marinade

- 3/4 cup red wine
- 1 1/2 cups Rainforest Honey
- 3/4 tsp ground chilli
- 3 tsps mustard powder



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DIRECTIONS

1. In a large bowl, combine red wine, honey, chilli and mustard powder. Set aside and reserve 1/2 cup in a seperate bowl.
2. Place drumsticks in a large baking dish and pour over 1 3/4 cups marinade. Cover and stand for 30 minutes at room temperature or overnight in the refridgerator.
3. Heat a flat top, charcoal or gas BBQ until hot. Lightly oil grill bars, place drumsticks on BBQ and cook for 30 - 35 minutes or until golden and cooked through to the bone. Brush frequently with marinade and turn drumsticks to brown evenly. (It can be cooked in a kettle/weber for 40-45 minutes)
4. In a heat proof bowl, combine sour cream, mustard, and remaining 1/2 cup honey and chilli marinade. Place at the side of the BBQ to heat through.
5. Serve drumsticks with the honey mustard cream sauce and vegetable accompaniments or salad.