

# BBQ Chicken Drumsticks

Total time **90 mins** 15 mins preparation time 45 mins marinating time 30 mins cooking time

Nutritional facts (per portion):  
**4,496 kJ / 1,124 kcal**

Fat: **58 g** Protein: **105 g**  
Carbohydrates: **41 g**

## INGREDIENTS

2 portion(s)

|                                   |                                   |
|-----------------------------------|-----------------------------------|
| 4                                 | chicken drumsticks                |
| 3 tbsp                            | olive oil                         |
| 125 ml                            | natural thick yogurt              |
| 6 tbsp                            | <u>Kikkoman Teriyaki Marinade</u> |
| 2 tbsp                            | apple vinegar                     |
| 3                                 | cloves garlic                     |
| 3                                 | cm fresh ginger                   |
| 2 tbsp                            | Tabasco sauce to taste            |
| 0.5 tsp                           | curry powder                      |
| 1 tbsp                            | brown sugar (or honey)            |
| <b>Herby Lime Yogurt Dressing</b> |                                   |
| 250 ml                            | natural thick yogurt              |
| 1 tsp                             | honey                             |
| 1 tbsp                            | lime juice                        |
| 1 tbsp                            | lime zest                         |
| 0.5 bunch                         | fresh coriander                   |
|                                   | Few leaves fresh basil            |

## PREPARATION

### Step 1

Mix the marinade ingredients in a bowl: yogurt, vinegar, teriyaki marinade, brown sugar, grated ginger, Tabasco, curry powder and olive oil. Mix everything thoroughly.

### Step 2

Crush the garlic using the garlic press and add to the marinade.

### Step 3

Place the chicken into the marinade and put aside for marinating.

### Step 4

For the dressing, mix yogurt with lime juice and lime zest. Add chopped basil and coriander followed by the honey. Mix thoroughly and put aside.

### Step 5

Remove the marinade excess from the chicken and grill on a medium preheated surface for about 15 minutes on each side, flipping the chicken over from time to time.

### Step 6

Serve with the yogurt dressing.