



STICKY CHICKEN DRUMSTICKS

- 1/3 cup (80ml) tomato sauce
- 1/3 cup (80ml) barbeque sauce
- 2 tsp Worcestershire sauce
- 1 garlic clove, crushed
- 1/4 cup brown sugar
- Salt & pepper
- 8 chicken drumsticks (about 1.2kg)
- 1 tbs sesame seeds
- Mixed salad to serve



Combine sauces, garlic, sugar, salt and pepper in a jug. Stir well. Line an ovenproof dish with non-stick paper.

Put chicken in dish. Reserve 1/4 cup of marinade and pour remainder over chicken, turning to coat. Cover and refrigerate for 4 hours or overnight. Remove from fridge 15 mins before cooking.

Preheat oven to 200°C. Sprinkle chicken with sesame seeds. Roast on the top shelf for 30 minutes.

Baste with reserved marinade during cooking. Chicken is cooked when juices are clear. Serve with salad

