



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 20-30 mins

Serves: 4-6

INGREDIENTS

- 12 chicken drumsticks
- 1/2 cup Tamari or soy sauce (gluten free)
- 2 tbsp rice wine vinegar
- 1 tbsp honey
- 1/4 cup coconut oil

METHOD

- Preset oven to 180°C (350°F).
- Place soy sauce, vinegar and honey in small pot and stir over medium heat until boiling.
- Reduce heat and simmer for 2 minutes, uncovered.
- Heat oil to hot in heavy based pan, and fry drumsticks until browned all over.
- Place drumsticks into baking dish, and add the sauce.
- Bake in oven for 20 minutes, until the chicken is cooked.
- Serve with cauliflower rice.

TERIYAKI **CHICKEN**

