



SPICY ITALIAN HERB CHICKEN

ALLERGIES:

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

Prep time: 10 mins

Cook time: 30 mins

Serves: 4



INGREDIENTS

- 8 boneless chicken drumsticks
- 2 tbsp Italian or mixed herbs (dried)
- 1 tsp garlic powder
- 1/4 tsp chilli powder (optional)
- 1 tsp pink rock salt
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1/4 tsp ground black pepper

METHOD

- Preheat the oven to 180°C.
- Line a large oven tray with baking paper.
- Place all ingredients EXCEPT chicken into a bowl and mix well.
- Press the chicken pieces firmly into the seasoning and coat both sides.
- Arrange each piece of chicken onto the prepared tray.
- Place the tray into preheated oven and bake for 20-30 minutes until golden and cooked through.
- Remove from pan and rest for 5 minutes before serving.