



JERNEJ KITCHEN

OVEN BAKED CHICKEN DRUMSTICKS WITH ASPARAGUS

Oven Baked Chicken Drumsticks with Asparagus are made in one hour in just one pan. Follow this recipe to make a tasty and light dinner any time of the year.

SERVES	6	PEOPLE
PREPARATION	10	MINUTES
BAKE:	50	MINUTES
TOTAL TIME:	60	MINUTES

CHICKEN DRUMSTICKS MARINADE

6 chicken drumsticks (we used Hudin chickens) (cca. 1,2 kg / 2.6 pounds)

pepper, salt

1/4 tsp ground cumin

1/2 tsp ground coriander seeds

1 tbsp olive oil

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2 tbsp olive oil

1 spring onion, chopped

125 g cooked chickpeas (4.4 ounces)

2 cloves of garlic, diced

1/4 tsp chopped dried chili

1 bay leaf

1 tsp bio lemon zest

50 ml white wine

1 tsp freshly squeezed lemon juice

160 g frozen peas (5.6 ounces)

300 ml chicken stock or water (10.5 fl. ounces)

MARINATE THE CHICKEN DRUMSTICKS

In a bowl combine Chicken Drumsticks, salt, pepper, ground cumin and one tablespoon of olive oil. Massage the marinade into the chicken for a few seconds. Set aside.

SEAR THE CHICKEN

Place a skillet with two tablespoons of olive oil over high heat. Add the chicken drumsticks and sear them on all sides until the skin is beautifully golden brown. It will take approx. 16 - 18 minutes, depending on the size of the chicken drumsticks. Preheat your oven to 200 °C / 390 °F.

TIP

At this point the chicken drumsticks are done yet, we will continue the process of cooking in the oven.

ADD THE CHICKPEAS AND HERBS

Transfer the seared chicken legs from the skillet to a plate. Place the skillet back over medium-high heat. Add the diced spring onion, cooked chickpeas, diced garlic cloves, chili, bay leaf, and lemon zest. Cook for about 2 - 3 minutes, stirring occasionally.

SAUCE

Pour the white wine and freshly squeezed lemon juice to the skillet with the chickpeas. Bring the mixture to a boil, so that the alcohol evaporates completely. Scrape the bottom of the pan regularly to include all those amazing aromas from the cooking into your sauce. Cook for about 2 minutes, then add the frozen peas and chicken stock or water. Bring to a boil again, then immediately reduce the heat to medium-low.

180 g fresh asparagus (6.4 ounces)

TOOLS AND EQUIPEMENT

Sponsored

kitchen knife

cutting board

large skillet with a lid

OVEN BAKED CHICKEN DRUMSTICKS

Arrange the chicken with the skin looking up in an even layer on top of the chickpeas and vegetables. Don't forget to add all those amazing juices that are on the plate. Cover with a lid (or with a layer of baking paper and aluminum foil - make sure it doesn't touch the food). Place in the preheated oven and cook for 35 - 40 minutes (depending on the size of the chicken drumsticks) at 190 °C / 375 °F. After about 15 minutes of cooking in the oven, remove the lid and cook for another 20 - 25 minutes. Add the asparagus (cut on larger chunks) to the chicken drumsticks 5 minutes before the dish is finished.

SERVE

Divide the chickpeas, vegetables, and sauce between six plates. Add one oven baked chicken drumstick to each plate. Optionally sprinkle with chopped parsley or chopped tarragon. You can also sprinkle with a few chopped toasted almonds. Serve as soon as possible, enjoy.