

Crumbed Chicken Drumettes



Serves	4
Prep time	40 minutes
Cook time	40 minutes
Total time	1 hours, 20 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Lunch , Main Dish
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot

Ingredients

- Golden Marinade (Refer to basics page.)
- 500g chicken drumettes (about 8 pieces, skin removed)
- 1/2 cup Home made bread crumbs (refer to basics page)

Directions

1. Add the chicken and golden marinade to a container that can be covered and mix until the chicken is well coated. Cover the container and allow the chicken to marinate in the fridge for at least half an hour.
2. Preheat the oven to 200 C and line a baking tray with non stick baking paper.
3. Place the bread crumbs in a small bowl. Remove the drumettes from the marinade and coat in the bread crumbs. Place on the baking tray.
4. Bake for 30 minutes, turning once half way through.
5. Serve with vegetables or salad as a main meal, or on their own as a snack.

Note

Low Chemical / Failsafe

Refer to basics page for [Golden Marinade](#) and [bread crumbs](#) recipes.