

# Curried chicken drumsticks with tropical slaw



## Ingredients:

150g Greek yoghurt  
50g creamed coconut (use the fat part from a tin of coconut milk)  
25g curry powder  
juice of 1 lemon  
15g toasted flaked almonds  
10 chicken drumsticks, skin on  
30ml cold water

## for the slaw:

200g Savoy cabbage,  
finely shredded  
70g fresh mango,  
finely sliced  
70g ripe avocado  
40g creamed coconut (use the fat part from a tin of coconut milk)  
60g mayonnaise  
juice of 1/2 a lemon  
3 spring onions, finely sliced  
a pinch of salt and pepper  
15g chopped walnuts

## Makes 10 drumsticks

Per drumstick (skin removed): 139 calories 7g fat 3g carbs 16g protein

## Makes 8 servings of slaw

Per serving: 122 calories 10g fat 6g carbs 2g protein

Place the yoghurt, coconut cream, curry powder and lemon juice in a bowl. Stir well to combine. Add the chicken and stir well to cover in the marinade. Refrigerate for 30 minutes or more.

Preheat oven to 190°C/375F. Place the drumsticks on a foil lined ovenproof dish. Cook for 45 minutes. Mix all of the slaw ingredients in a large bowl, until thoroughly combined. Sprinkle the toasted almonds over the chicken. Serve. Store any leftover chicken and slaw in separate airtight containers and refrigerate for up to 2 days.

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