

AIR FRYER CHICKEN DRUMSTICKS



25 Minutes



Serves 4



Easy



INGREDIENTS

- 8 Chicken Drumsticks
- 3tsp Garlic Powder
- 1-2tsp Himalayan Pink Salt
- 1-2tsp Ground Black Pepper
- 60ml Buffalo Wing Sauce – to serve
- 4Tb Mayonnaise – to serve

METHOD

1. Place the chicken drumsticks, garlic powder, salt and pepper in a plastic container or a large Ziplock plastic bag, seal shut, and shake or massage until the chicken drumsticks are coated in the seasonings.
2. Preheat the air fryer to 200°C/390°F for 3 minutes.
3. Place the chicken drumsticks into the preheated air fryer basket. If your air fryer is small and you cannot fit them all in, cook them in batches doing four first and keeping them warm in the oven while you cook the other four. Air fry for 15 minutes then flip the drumsticks over and air fry for another 5 minutes.

Alternatively, you can cook the chicken drumsticks in a conventional oven by placing them in a 200°C/400°F preheated oven on top of a wire rack resting in a baking tray. Bake for 30-40 minutes until the drumsticks are cooked through and juices run clear, not pink.

If using meat thermometer, 75°C/165°F is generally considered a safe internal temperature for eating when the thermometer gets inserted into the chicken to the bone,

4. Once the chicken is cooked you can either drizzle the buffalo wing sauce and mayonnaise over the drumsticks or you can serve the sauce and mayonnaise on the side as dipping sauces. Throw together a lovely fresh salad and you have a perfectly healthy low carb keto meal.

Tips:

- *Change up the seasonings and try some paprika, cumin, turmeric, curry powder, chilli flakes, onion powder or even oregano powder. With all the different flavour combinations you can put together, chicken drumsticks never need be boring ever again.*
- *Try out different dipping sauces such as aioli, sugar free BBQ sauce and blue cheese sauce.*
- *Don't be tempted to overcook your chicken drumsticks, especially if you are saving some for your next day lunch as you don't want them to be dry and crusty.*
- *If your air fryer is small, try standing the drumstick up with their tails to the centre like tepee tent to fit more in.*
- *Serve with more mayonnaise or sour cream if you want to increase the fat content.*

Nutritional Information (per serve)					
Kcal	Fat	Protein	Carbohydrate	Fibre	Net Carb
349	18.3g	41.5g	1.8g	0.5g	1.3g