

Air Fried Barbeque Chicken Drumsticks with Blue Cheese Slaw



Ingredients:

750g chicken drumsticks

For the barbecue marinade

1 tbsp honey

2 tbsp dark brown sugar

2 tbsp tomato ketchup

3 tbsp soy sauce

2 garlic cloves, crushed

2 tsp tomato puree

1 tbsp smoked paprika

1 tsp ground ginger

Salt and pepper

Pinch dried chilli flakes

For the Blue Cheese Slaw:

Half a red or white cabbage (or mixture of each), shredded

1 carrot, grated

4 tbsp mayonnaise

1 tbsp made mustard (you can use English, French or wholegrain)

2 tsp runny honey

1 tbsp lemon juice

75g mild blue cheese

Small handful fresh parsley, roughly chopped

Method:

1. Mix all of the barbecue marinade ingredients in a bowl until very well combined.
2. Place the drumstick in a shallow dish, spreading them out with a little space between them. Use a sharp knife to score the meat on each drumstick a couple of times.
3. Pour the marinade over the chicken and use clean hands to massage the mixture evenly and thoroughly all over the drumsticks, making sure it goes into the scores.
4. Cover and put in the fridge for at least an hour, overnight is even better, to allow all the barbecue flavours to seep into the chicken for extra flavour.
5. Meanwhile, to make the slaw, place all of the ingredients into a large mixing bowl and stir gently to combine. Keep the slaw covered in the fridge until needed.
6. To Air Fry the drumsticks; arrange them in a single layer in the air fryer tray and cook for 10 minutes. Reserve any remaining marinade for basting halfway through cooking.
7. Carefully open the Air Fryer and use tongs to turn the drumsticks. Baste with the reserved marinade. Continue to cook for a further 10 minutes, until the chicken is thoroughly cooked through. You can test by using a meat thermometer pressed into the thick end of the drumstick. The thermometer should read 75°C for the chicken to be properly cooked.
8. Transfer the cooked drumsticks to a serving dish and cover with foil to keep warm.
9. Repeat the cooking process in the Air Fryer with the remaining drumsticks, if necessary.
10. Serve the Barbecue Drumsticks with the Blue Cheese Slaw.



Tips:

Using vegetables instead of chicken will mean a reduction in the Air Frying cooking time. Check the vegetables as they cook and when they are tender and crisp, they are ready to serve.

Remember not to overcrowd the food basket otherwise the food will not cook evenly or thoroughly.