



*Nurturing you through to health and happiness*

**SARI YOUNG**

BNSc (hons); AdDip Naturopathy;  
AdDip Western Herbal Medicine; AdDip Nutritional Science.

[www.sarisnaturalmedicine.com.au](http://www.sarisnaturalmedicine.com.au)

**NATUROPATH AND REGISTERED NURSE**

## **SEVEN SPICE CHICKEN WINGS/ DRUMSTICKS**

Adapted from the Carb Manager recipe

### **Ingredients**

- Up to 1kg chicken wings or drumsticks
- 4 tbsp olive oil
- 2 tsp paprika
- 1 tsp sea salt
- 1 tsp black pepper
- 2 garlic cloves, crushed
- ¼ tsp cayenne
- 1/2tsp mustard powder
- ½ tsp dried oregano
- 1 tbsp heavy cream

### **Method**

1. Mix all ingredients except the chicken, together in a big bowl.
2. Next, using your hands, massage the marinade mix into the chicken pieces and leave all together in the bowl to marinate.
3. Marinade in the fridge for up to 1 hour.
4. Now put the chicken with the marinade mix into a glass oven dish.
5. Bake the chicken in the oven at 190C for 50-60 minutes
6. Meanwhile, pressure cook, steam or bake accompanied vegetables of your choosing. Carrots, onions, broccoli, green beans etc all fill up the plate nicely.
7. Enjoy this easy to prepare, yummy and healthy meal.

**TIPS:** I never seem to remember to marinate ahead of time, and this is delicious even with NO marinade time!