



**Little COOKS**  
*Club*



## Sticky Chicken Drumsticks

Protein-packed and delicious. Great for lunchboxes, too!

### You Will Need:

- 4 Chicken Drumsticks
- Salt & Pepper

### For the Marinade:

- 1 tsp balsamic vinegar
- 2 tsp soy sauce
- 2 tsp honey
- 1 small garlic clove
- ½ tsp grated ginger

### Making the Marinade:

1. Marinating chicken adds flavour and makes it tender. You only need to marinate the chicken for 20 minutes.
2. First put the balsamic vinegar, soy sauce and honey in a bowl.
3. Remove the papery skin from clove of garlic and put in a crusher. Squeeze the garlic into the bowl.
4. Peel a piece of root ginger and grate on a fine grater.

### Preparing the Chicken Pieces:

1. Slash the drumsticks with a knife and season with freshly ground salt and black pepper. Place the drumsticks in an ovenproof dish then pour over the marinade so that it coats the chicken. Put the chicken in the fridge for 20 minutes.
2. Preheat the oven to 200 degrees C. Bake the drumsticks in the marinade for 45 minutes or until cooked through, turning and basting every 10 minutes or so. Have for dinner and do extra for lunch the next day.

## Chickpea and Corn Muffins

- 200g chickpeas
  - 100g cooked sweetcorn
  - Handful of chopped chives
  - 100g cheddar cheese
  - 100ml milk
  - 250g flour
  - 1 tsp baking powder
  - 1 tsp mixed spice
  - 4 tbsp olive oil
1. Preheat the oven to 200 degrees.
  2. Line each muffin tray case with baking paper.
  3. Mash the chickpeas in a bowl with a fork.
  4. Add the cooked sweetcorn with the chickpeas.
  5. Fold in the flour, grated cheese and chives with the chickpea and sweetcorn.
  6. In another bowl beat the eggs, milk, oil and mixed spice. Add this to the other ingredients and stir well until combined.
  7. Put the mixture into the muffin tray and bake for 15 minutes.

## Tuna & Chickpea Spread

- 1 x tin tuna, drained
- 1 tin chickpeas, drained and rinsed
- Salt & pepper to taste
- 1 x fresh lemon juice
- Blend all together

## Tomato, Basil, Feta & Fresh Asparagus Salad

Cook a pasta that your child enjoys and is easy to eat at school. For example: penne or fusilli, and add about a spoon of mayonnaise to coat the pasta. Salt & pepper to taste.

### Add about...

- 4 cherry tomatoes
- 4 cubes of feta
- 4 fresh asparagus (sliced) that has been blanched in boiling water.

Add some fresh basil on top.