

## Crunchy Chicken Drumsticks with Coleslaw

### Ingredients:

- 907g chicken drumsticks (125-200g per serving please)
- ½ cup sour cream or Greek yogurt
- 2 tbsp olive oil
- 2 tbsp jerk seasoning
- 1 tsp salt
- 140g pork rinds
- 85g unsweetened finely shredded coconut
- 4 tbsp olive oil

### Coleslaw:

- 1 lb green cabbage
- 1 cup mayonnaise
- salt and pepper

### Jerk Seasoning:

- 2 tbsp onion powder
- 1 tbsp dried chives
- 1 tbsp dried thyme
- 1 tbsp ground allspice
- 2 tsp ground black pepper
- 2 tsp Scotch bonnet chili flakes
- 2 tsp garlic powder
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon
- 1 tbsp sea salt (optional)

### Keto Mayonnaise:

- 1 egg yolk
- 1 tsp Dijon mustard
- 1 cup avocado oil or light olive oil
- 2 tsp white wine vinegar or lemon juice

### Instructions:

1. Preheat the oven to 175°C
2. Mix together a marinade of jerk seasoning, salt and sour cream.
3. Pour into a big plastic bag with the drumsticks. Do not remove the skin! Shake thoroughly and let marinate for 15 minutes.
4. Remove the drumsticks from the bag. Discard the bag with the marinade. Put the drumsticks in a new, clean bag.
5. Blend pork rinds into fine crumbs in a blender or food processor. Add coconut flakes and blend for a few more seconds.
6. Pour the crumbs into a new, clean bag with the marinated chicken and shake vigorously.
7. Place the drumsticks in a greased baking dish, preferably on a roasting rack. A broiler pan is another good option.
8. Drizzle olive oil over the chicken. Bake in oven for 40–45 minutes or until the chicken is thoroughly cooked.
9. Turn the drumsticks after half the time. If the breading has already turned a nice color, lower the heat. The coconut flakes are heat sensitive.

10. Meanwhile, make your cole slaw. Shred the cabbage finely with a sharp knife, mandolin or the slicing blade in a food processor.
11. Place the cabbage in a bowl and add salt, pepper and mayonnaise. Mix well and let sit for 10 minutes

## **Nutritional Information:**

Per serving

Net carbs: 2 % (7 g)

Fiber: 6 g

Fat: 78 % (113 g)

Protein: 20 % (67 g)

Calories: 1340

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