

Satay Chicken Drummettes



Makes 16, 1 drummette is 70 cal.

16 chicken drummettes, skin removed

1 tablespoon of crunchy peanut butter

1 tablespoon of sweet chilli sauce (prism recipe)

1 egg white

Mix the egg white, peanut butter and chilli sauce until well combined.

Brush over the drummette and bake at 200°C for approx. 45-50 mins until cooked through and golden.