

Roast Chicken Legs with Zingy Marinade



Drumstick-worthy roast chicken legs coated with flavorsome Dijon mustard, garlic, refreshing parsley, & lemon marinade. It's effortless & delicious!

Ingredients for 2 serving (US/Metric)

- 6 *pieces* **Chicken drumsticks**
- 7.5 *tbsp* **Olive oil**
- 2 *pieces* **Garlic Cloves**
- 2 *tbsp* **Dijon Mustard**
- **Lemon juice**
- **Fresh parsley**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 24%
- **Fat:** 75%
- **Net carbs:** 1%

Instructions

1. Prepare the marinade in a large mixing bowl by whisking the olive oil with minced garlic, fresh parsley (chopped), lemon juice, Dijon mustard, salt & pepper.
2. Put the chicken legs into the marinade and mix well. Coat each leg piece evenly and tuck some marinade underneath the skin. Cover the bowl with plastic film and keep aside for 5-7 hours. While the chicken legs are marinating, give it a toss!
3. Set the oven for preheating at 400° F.
4. Meanwhile, ready a rimmed baking tray by lining it with aluminum sheet. Place the marinated chicken legs (skin-side down) on the lined tray and let them come to room temperature. Brush the excess marinade on top of the chicken legs.
5. Transfer the tray in the oven's middle rack. Roast skin-side down for 25 minutes, then, flip them and roast skin-side up for another 25 minutes. (To crisp up and brown the skin more, broil for 2-3 minutes over high heat).