Honey BBQ Chicken & Garlic Parmesan Potatoes

578 Calories | 55g Protein | 50g Carbs | 17g fat

**Honey BBQ Chicken:**

* 1000g Raw chicken Breast, Cubed
* 2 Tsp Garlic Powder
* 2 Tsp Smoked Paprika
* 1.5 Tsp Cumin
* 1.5 Tsp Salt
* 2 Tsp Black Pepper
* 2 Tsp Olive oil
* 30g Light butter
* 60g Honey
* 160g Sugar Free BBQ Sauce
* 2 Tbsp Fresh Parsely, Chopped
* Cook on Medium heat for 5 mins per side till golden and crispy.
* Lower the heat when adding the honey & BBQ.
* Mix for 1 min till well coated

**Garlic Parmesan Potatoes:**

* 1000g Uncooked Potatoes, cubed
* 1.5 Tsp Salt
* 2 Tsp Italian Herbs
* 2 Tsp Smoked Paprika
* 1.5 Tsp Garlic Powder
* 1.5 Tsp Onion Powder
* 30g Grated Parmigiano Reggiano
* 2 Tsp Olive oil (optional)
* Oven bake or air fry for 20-22 mins till golden and crusted

**Creamy Sauce:**

* 200g Fat Free Cottage Cheese, blended
* 300ml 1% Milk
* 1 Tsp Italian Herbs
* 1 Tsp Garlic Powder
* 40g Grated Parmesan
* When adding the blended sauce to pan, make sure it’s on low heat! You don’t need to cook the sauce.