

Crispy Chicken with Healthy Sweet Potato Fries & Slaw

Shake 'em and bake 'em as we celebrate all things American tonight. If you're craving crispy Southern comfort food, but still want to look like Beyoncé, we've got you covered! With our healthy slaw and delectable potato fries, we will have you feeling so crazy right now.



Prep: 15 mins Cook: 35 mins Total: 50 mins



level 1



eat me



high fibre

Pantry Items







Free Range



Chicken Thighs













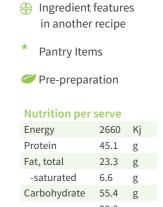






2P	4P	Ingredients	Ingredier in anoth	
1 packet	2 packets	free range chicken thighs		
⅓ cup	½ cup	plain flour *		* Pantry Ite
½ tsp	1 tsp	baking powder (optional)*		
½ sachet	1 sachet	Cajun spice mix		Pre-prepa
400 g	800 g	sweet potatoes, unpeeled & sliced into wedges		Nutrition pe
1 tbs	2 tbs	olive oil *		Energy
2 cups	4 cups	red cabbage, finely sliced		Protein
1	2	carrot, peeled & grated		Fat, total
½ bunch	1 bunch	spring onions, finely sliced	#	-saturated
1/2	1	lemon, juiced	(1)	Carbohydrate
1 tub	2 tubs	Greek yoghurt		-sugars Sodium
1 tsp	2 tsp	Dijon Mustard *		Socialii





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You will need: chef's knife, chopping board, vegetable peeler, box grater, plastic bag, two oven trays lined with baking paper, large bowl, small bowl and spoon.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Place the chicken thighs, plain flour, baking powder, Cajun spice mix and a generous seasoning of salt and pepper in a plastic bag and shake to coat the chicken thighs. Place on one of the prepared oven trays and spray or brush the chicken lightly with some olive oil. Place the sweet potato on the second prepared oven tray and toss in the olive oil. Place both trays in the oven for 30-35 minutes, or until the chicken is cooked through and the sweet potato is tender and golden. Swap the trays halfway through to ensure even cooking.



Meanwhile, in a large bowl combine the red cabbage, carrot and spring onion. In a small bowl combine the lemon juice, Greek yoghurt and **Dijon mustard**. Stir the yoghurt dressing through the coleslaw mix. Season generously with salt and pepper.



4 To serve, divide the crispy chicken, sweet potato and the healthy coleslaw between plates and dig in!



Did you know? The carrot is in the top 10 of most economically important global vegetable crops.