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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
early



high
fibre

Pantry Items



Plain Flour



Baking
Powder



Olive Oil



Dijon
Mustard



Free Range
Chicken Thighs



Cajun Spice Mix



Sweet Potato



Red Cabbage



Carrot



Spring Onions



Lemon




Greek Yoghurt


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2P	4P	Ingredients
1 packet	2 packets	free range chicken thighs
¼ cup	½ cup	plain flour *
½ tsp	1 tsp	baking powder (optional)*
½ sachet	1 sachet	Cajun spice mix
400 g	800 g	sweet potatoes, unpeeled & sliced into wedges
1 tbs	2 tbs	olive oil *
2 cups	4 cups	red cabbage, finely sliced
1	2	carrot, peeled & grated
½ bunch	1 bunch	spring onions, finely sliced
½	1	lemon, juiced
1 tub	2 tubs	Greek yoghurt
1 tsp	2 tsp	Dijon Mustard *

 Ingredient features in another recipe



Pantry Items



Pre-preparation

Nutrition per serve

Energy	2660	Kj
Protein	45.1	g
Fat, total	23.3	g
-saturated	6.6	g
Carbohydrate	55.4	g
-sugars	22.8	g
Sodium	459	mg



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.*



- 1 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.



- 3 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.