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hello@hellofresh.com.au | (02) 8188 8722

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Southern Chicken with Sweet & Crunchy Slaw

Shake'em and bake'em fellas! This meal truly celebrates all things American. If you're craving crispy southern comfort food, but still want to look like Beyonce, we've got you covered! Our scrumptious slaw and delectable sweet potato fries will have you feeling so crazy right now!

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

 level 2

 helping hands

 eat me early

Pantry Items



Plain Flour



Baking Powder



Olive Oil



Dijon Mustard



Chicken Thigh



Smoked Paprika



Sweet Potatoes



Red Cabbage



Carrot



Spring Onions



Coriander



Lemon



Greek Yoghurt

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QTY

700 g	chicken thighs, halved
¼ cup	plain flour *
1 tsp	baking powder (optional) *
2 tsp	smoked paprika
800 g	sweet potatoes, unpeeled & cut into fries
2 tbs	olive oil *
4 cups	finely shredded red cabbage 
2	carrots, peeled & grated
1 bunch	spring onions, finely sliced
1 bunch	coriander, finely chopped
1	lemon, juiced
1 tub	Greek yoghurt
2 tsp	Dijon mustard *

Ingredients

 Ingredients features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2860	Kj
Protein	46.5	g
Fat, total	23.1	g
-saturated	6.3	g
Carbohydrate	65.9	g
-sugars	22.5	g
Sodium	450	mg

Disclaimer: Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



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

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **chicken thighs, plain flour, baking powder, smoked paprika** and a generous seasoning of **salt and pepper** in a plastic bag and shake to coat the chicken thighs. Place the chicken on one of the trays and spray or brush lightly with some olive oil. Place the **sweet potato** on the remaining oven tray and toss in the **olive oil**. Season with salt and pepper. Place both trays in the oven for **25-30 minutes** or until the chicken is cooked through and the sweet potato is tender. Swap the trays halfway through to ensure even cooking.

3 Meanwhile, in a large bowl combine the shredded **red cabbage, carrot, spring onion** and **coriander**. 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 fries and the healthy coleslaw between plates and dig in!



Did you know? The name “coleslaw” originates from the Dutch word “koolsla” or “koolsalade” meaning “cabbage salad”.