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## Southern Chicken Shake and Bake with 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 fries will have you feeling so crazy right now.



**Prep:** 15 mins

**Cook:** 30 mins

**Total:** 45 mins



level 2



eat me early



helping hands

### Pantry Items



Plain Flour



Olive Oil



Baking Powder



Free Range Chicken Thighs



Sweet Paprika



Potatoes



Red Cabbage



Carrots



Dijon Mustard



Lemon



Greek Yoghurt

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QTY	Ingredients	
1 packet	free range chicken thighs	
¼ cup	plain flour *	
1 tsp	baking powder *(optional)	
1 sachet	sweet paprika	
2 tbs	olive oil *	
800 g	potatoes, washed thoroughly, unpeeled & cut into fries	
1 wedge	finely shredded red cabbage	🌿
2	carrots, peeled & grated	
½	lemon, juiced	⊕
1 tub	Greek yoghurt	⊕
½ tub	Dijon mustard (recommended amount)	

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2730	Kj
Protein	45.8	g
Fat, total	23	g
-saturated	6.4	g
Carbohydrate	60.5	g
-sugars	9.4	g
Sodium	456	mg



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

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

**2** Place the **chicken thighs, plain flour, baking powder, sweet paprika** 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 **potatoes** on the other prepared 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 potatoes are tender. Swap the trays halfway through to ensure even cooking.

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



**Did you know?** The humble cabbage is brain food. It's full of Vitamin K and Anthocyanins that help with mental functioning and concentration.