



SOUTHERN BAKED CHICKEN

with Potato Fries & Healthy Slaw



Make a healthy slaw using yoghurt



Potato



Cajun Spice Blend



Parsley



Free-Range Chicken Thigh



Carrot



Spring Onion



Greek Yoghurt



Dijon Mustard



Red Cabbage



Green Apple

Pantry Staples



Olive Oil



Water



Milk



Butter



White Wine Vinegar



Plain Flour



Baking Powder (Optional)

Hands-on: 20 mins
Ready in: 45 mins

Eat Me Early

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 fries, we will have you feeling so crazy right now.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **two oven trays** lined with **baking paper**, **plastic bag**, **pastry brush**, **medium bowl** and **box grater**.



1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Slice the **potato** (unpeeled) into 1 cm fries. Finely slice the **red cabbage**. Grate the **carrot** (unpeeled). Finely slice the **spring onion**. Finely chop the **parsley** leaves. Slice the **green apple** into thin wedges.



2 BAKE THE CHICKEN

Place the **free-range chicken thigh**, **plain flour**, **baking powder (if using)**, **Cajun spice blend (use suggested amount)** and a generous **pinch of salt** and **pepper** in a plastic bag. Shake to coat the chicken well. Transfer the chicken to the second oven tray lined with baking paper and **drizzle** lightly with **olive oil**. Place in the oven to bake for **25-30 minutes**, or until cooked through. **TIP:** The chicken is cooked when it is no longer pink inside.



3 BAKE THE POTATO FRIES

While the chicken is cooking, place the **potato** on the first oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt** and **pepper**. Toss to coat and arrange in a single layer. Place in the oven to cook for **20-25 minutes**, or until golden and tender.



4 MAKE THE SLAW

In the **last 10 minutes** of chicken cooking time, place the **cabbage**, the **carrot**, the **spring onion**, the **parsley** and the **apple** in a large bowl. Toss to combine and set aside.



5 DRESS THE SLAW

In a medium bowl, combine the **white wine vinegar**, the **Greek yoghurt** and the **Dijon mustard**. Pour the **yoghurt-mustard dressing** over the slaw and toss well to coat. Season to taste with a **pinch of salt** and **pepper**.



6 SERVE UP

Divide the Southern chicken between plates. Serve with the potato fries and the healthy slaw on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potatoes	400 g	800 g
red cabbage	1 portion	2 portions
carrot	1	2
spring onion	1 bunch	1 bunch
parsley	1 bunch	1 bunch
green apple	1	2
free-range chicken thigh	1 packet	1 packet
plain flour*	¼ cup	½ cup
baking powder* (optional)	½ tsp	1 tsp
Cajun spice blend	½ sachet (1 tsp)	1 sachet (2 tsp)
white wine vinegar	2 tsp	1 tbs
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
Dijon mustard	½ tub (20 g)	1 tub (40 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2390kJ (571Cal)	329kJ (79Cal)
Protein (g)	44.8g	6.2g
Fat, total (g)	16.2g	2.2g
- saturated (g)	5.6g	0.8g
Carbohydrate (g)	55.2g	7.6g
- sugars (g)	22.0g	3.0g
Sodium (g)	447mg	62mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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