



(02) 8188 8722 | HelloFresh.com.au

WK31
2016



Southern Crispy Chicken with Healthy 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 Beyonce, 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 2



spicy



eat me early

Pantry Items



Plain Flour



Baking Powder



Olive Oil



Dijon Mustard



Chicken Thighs



Cajun Spice



Potato



Red Cabbage



Carrot



Spring Onions



Lemon




Greek Yoghurt

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 packet	2 packets	chicken thighs
¼ cup	½ cup	plain flour *
½ tsp	1 tsp	baking powder * (optional)
1 tsp	2 tsp	Cajun spice mix (recommended amount)
400 g	800 g	potatoes, washed & cut into fries 
1 tbs	2 tbs	olive oil *
2 cups	4 cups	finely sliced red cabbage 
1	2	carrot, peeled & grated 
1 bunch	2 bunches	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	2600	Kj
Protein	43.3	g
Fat, total	22.5	g
-saturated	6.3	g
Carbohydrate	55.6	g
-sugars	23	g
Sodium	430	mg



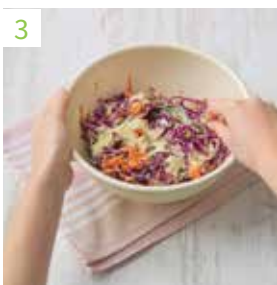
You will need: *chef's knife, chopping board, vegetable peeler, box grater, plastic bag, two oven trays lined with baking paper, large bowl, small bowl, spoon and tongs.*

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

2 Place the **chicken thigh, 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 trays and spray or brush the chicken lightly with some olive oil. Place the **potato** on the remaining 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 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, potato 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.