



NOV  
2016

# Southern 'Faux Fried' Chicken

## with Healthy Slaw and Fries

We're making a classic fried chicken dish healthy! This faux fried chicken is baked instead of deep-fried, and we're substituting yogurt for the traditional mayo in the purple coleslaw to add some healthy fats and probiotics!

Prep 30 min

level 1



Chicken Thighs



Cajun Spice Blend



Sweet Potato



Red Cabbage



Carrot



Green Onions



Lemon



Mayonnaise



Cornflake Cereal




Dijon Mustard



Greek Yogurt

## Ingredients

	2 People	4 People
Chicken Thighs, bone in	1 pkg (500 g)	2 pkg (1000 g)
Cornflake cereal <b>1)</b>	1 pkg (2 cups)	2 pkg (4 cups)
Mayonnaise	2 pkg (2 tbsp)	4 pkg (4 tbsp)
Cajun Spice Blend 	1 pkg (2 tsp)	2 pkg (4 tsp)
Sweet Potato, fries	1 pkg (340 g)	2 pkg (680 g)
Red Cabbage, julienned	1 pkg (113 g)	2 pkg (227 g)
Carrot, julienned	1 pkg (56 g)	2 pkg (113 g)
Green Onions	2	4
Lemon	1	1
2% Greek Yogurt <b>2)</b>	½ pkg	1 pkg
Dijon Mustard <b>3) 4)</b>	1 pkg (1½ tsp)	2 pkg (3 tsp)
Sugar*	¼ tsp	½ tsp
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Mustard/Moutard
- 4) Sulphites/Sulfites

## Tools

Baking Sheet, Large Bowl, Whisk, Medium Bowl, Zester, Measuring Spoon, Foil

Ruler

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**Nutrition per person** Calories: 732 cal | Fat: 24 g | Protein: 56 g | Carbs: 71 g | Fiber: 9 g | Sodium: 775 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

2



**1 Preheat the oven to 450°F. (To bake the chicken and roast the sweet potatoes.) Start prepping when your oven comes up to temperature!**

**2 Prep: Wash and dry all produce.** Zest, then juice the **lemon**.

Toss the **sweet potatoes** with a drizzle of **oil** on a foil-lined baking sheet and arrange it on one side of the sheet. In a medium bowl, crush the **cornflake cereal** with your hands until finely crumbled. Stir in the **lemon zest** and as much **spice blend** as you like.

2





**3 Bake the chicken:** Coat each **chicken thigh** with **mayonnaise**, then press into the **cornflake mixture** to completely cover. Arrange the **chicken** on the other side of the baking sheet. (To serve 4 people, you may need two baking sheets.) Bake in the centre of the oven, flipping halfway through baking, until the sweet potatoes are roasted and the chicken is cooked through, 20-23 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

4



**4 Make the slaw:** Meanwhile, thinly slice the **green onion**. In a large bowl, whisk **1 tbsp lemon juice** (double for 4 people) with the **yogurt** (**DO:** measure out) and **Dijon**. Add the **cabbage**, **carrot** and **green onion** and stir to coat. Season with **sugar**, **salt** and **pepper** to taste.

**5 Finish and serve:** Divide the **crispy chicken**, **sweet potato fries** and the **coleslaw** between plates. Enjoy!

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