Barbecue Chicken with Sweet Potato Wedges and Slaw

Ingredients

- 1 packet Maggi Juicy BBQ Chicken
- 8 skinless chicken drumsticks
- 600 g Sweet Potato
- 1 tablespoon vegetable oil
- 1 pinch Salt
- 1 pinch Black Pepper
- 200 g Red Cabbage
- 200 g Cabbage
- 2 Carrots
- 4 spring onions, sliced
- 1 Gala Apple
- 4 tablespoons Light Mayonnaise

Instructions

1. Preheat the oven to 180°C (160°C fan) or Gas Mark 4. Prepare the Juicy Barbecue Chicken according to the cooking instructions on pack.

2. Slice the potatoes into wedges. Parboil the potatoes for 5 minutes, drain then tip onto a baking tray. Drizzle over the oil and then season lightly with salt and pepper. Mix the wedges together until everything is coated. Roast the wedges in the oven with the chicken, turning them every 15 minutes or so until browned and cooked through.

3. Finely slice or grate the cabbages and tip into a large mixing bowl. Peel the carrots and grate into the bowl with the cabbage. Finely slice the apple and add to the bowl with the sliced spring onions. Add the mayo and season if you like.

4. Remove the chicken from the oven – leave to stand for a few minutes before opening the bag. Serve the chicken with the wedges and slaw.

65 Minutes

4

Nutrition

Carbohydrate	57.38 g
Energy	543.05 kcal
Fat	16.34 g
Fibre	9.31 g
Protein	44.18 g
of which: saturates	5.62 g
Sodium	1139.59 mg
of which: sugars	22.88 g