



# FRIDAY NIGHT TAKEAWAY CRISPY CHICKEN & SWEET POTATO FRIES

recipe by kate elizabeth

This recipe is the perfect friday night dinner. It's easy to make and is a healthy yet tasty way to celebrate the start to the weekend. It's lower in salt and fat than your average shop bought or takeaway alternative, meaning you can enjoy this lighter version of your favourite, guilt free - maybe even deserves an extra glass of wine on the side! I recommend that you serve a fresh green salad on the side but it is also nice with some coleslaw (or both).

## Ingredients :

### For the sweet potato fries:

- 6 small sweet potatoes or 2 large
- 1 tbsp smoked paprika
- 5 tbsp quick cook fine polenta
- 1/2 tsp ground black pepper
- 2 tbsp olive oil

### For the crispy chicken:

- 2 chicken breasts
- 1 large bowl rice crispies (approx 100g)
- 4 tbsp mayonnaise (I use vegan/egg-free mayonnaise)
- 2 tsp smoked paprika
- 2 tsp mixed herbs
- 1 tsp each salt and pepper



## Tip:

**DO NOT** add salt to the sweet potatoes when they are cooking as the salt causes the moisture to come out and will prevent the wedges from becoming crispy!



## Method :

Preheat the oven to 210°C/Gas mark 7

1. Start by chopping the sweet potatoes into wedges of about 2cm thick, and place into a large baking tray.
2. Combine the polenta, paprika and ground black pepper into a bowl.
3. Sprinkle the olive oil over the wedges and then the polenta mix and toss through the wedges so that it is evenly coated.
4. Put in the middle of the oven for 20 mins whilst you prepare the chicken. *You will want to toss the sweet potatoes every 10 mins to make sure they cook evenly.*
5. Slice each chicken breast into about 5 or 6 smaller fillets and set aside.
6. Mix the rice crispies, paprika, mixed herbs, salt and pepper in a bowl, and slightly crush the mix - you can use a potato masher to do this.
7. Put the mayonnaise into a separate bowl.
8. Dip the chicken into the mayonnaise, and then into the rice crispies mix and then place onto the baking tray. Repeat this for each piece of chicken.
9. Take the sweet potato fries out of the oven and toss them, then return to the oven for a further 15 mins on a lower shelf and place the chicken on a higher shelf.
10. Check the chicken after 15 mins by cutting a piece in half to make sure it is cooked. *There should not be any pink parts - if there are put back in the oven for a further 5 mins.*

Serve and enjoy - best with a fresh green salad!