

CHICKEN WITH BARBECUE BEANS, SWEETCORN, SLAW & FRIES

**One
Life
Suffolk**

Ingredients (Serves 4)

For the chicken:

8 tbsp tomato puree
2 tsp sweet smoked paprika
2 tsp garlic salt
1 tsp ground ginger
2 large egg whites
6 skinless and boneless chicken thighs
6 chicken drumsticks, skins removed
4 small slices wholemeal bread
(from small 400g loaf) whizzed into
breadcrumbs in a food processor
Low-calorie cooking spray

4 large baking potatoes, cut into fries
2 sweetcorn cobs, halved
2 x cans barbecue - flavour baked beans

For the slaw:

1 large carrot, coarsely grated
1/4 red cabbage, cored and finely
shredded
1/4 white cabbage, cored and finely
shredded
Juice of 1 lemon
1 tbsp fat-free natural fromage frais

1. Preheat your oven to 220C/Fan 200C/gas 7

2. For the chicken, mix together the tomato puree, paprika, garlic salt and ginger in a large bowl and season. Whisk the egg whites until stiff, then fold them into the tomato mixture.

3. Dip the chicken pieces into the egg mixture, then roll in the breadcrumbs to coat evenly. Place on a baking tray lined with baking paper and spray with low-calorie cooking spray. Bake for 35-40 minutes or until cooked through.

4. Meanwhile mix all the slaw ingredients in a bowl, season to taste and chill. Boil the fries for 2-3 minutes, then drain well. Spread the fries out on a non-stick baking tray in a single layer and spray with low-calorie cooking spray. Season lightly and cook in the oven with the chicken for the last 15-20 minutes of cooking time, or until golden.



5. Place a non-stick griddle pan over a high heat. When hot, spray the sweetcorn with low-calorie cooking spray and cook for 8-10 minutes turning often. Heat the beans. Serve 3 pieces of chicken per person with the fries, slaw, sweetcorn and beans!

Find more recipes at:

<https://www.slimmingworld.co.uk/recipes>

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