



Lemon Spice Chicken with Crunchy Cabbage

Serves 4 | 287 calories per serve

INGREDIENTS:

- 4 x 160g chicken thigh pieces
- Olive oil spray
- 2 tablespoons paprika (smoky paprika is best)
- ½ teaspoon lemon pepper
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt

CRUNCHY CABBAGE SALAD:

- ¼ red cabbage finely shredded
- 1 large carrot, peeled and sliced into thin batons
- 2 shallots, sliced
- 1 Lebanese cucumber, seeded and cut into batons
- 2 tablespoons lemon juice
- 1 tablespoon white wine vinegar
- 1 tablespoon olive oil

METHOD:

1. Preheat oven to 200°C.
2. Line a baking tray with foil. Lightly spray chicken with olive oil.
3. Combine all dry ingredients in a large snap lock bag. Add chicken and toss until it is well coated.
4. Place the chicken onto the baking tray and bake for 30-35 minutes or until chicken is cooked through. When cold enough to handle, finely slice.
5. Combine with crunchy cabbage salad.

TO MAKE THE SALAD:

1. Place all ingredients in a large bowl except the lemon juice, vinegar and oil.
2. Whisk lemon juice, vinegar and oil together in a small jug and drizzle over salad. Toss to combine.

NUTRITIONAL INFORMATION

(per serve*)

Calories:	287 cal
Kilojoules:	1200kJ
Protein:	35.8g
Fat Total:	13.6g
Fat Saturated:	3.4g
Cholesterol:	106mg
Carbohydrates:	3.5g
Dietary Fibre:	2.9g
Sodium:	422mg

*This recipe has 4 serves.