

LighterLife Management

Week 3 Recipes:

Cajun-spiced chicken with sweet potato wedges

Sweet potatoes are rich in B vitamins, vitamin C and beta carotene – and they great taste, too, especially when spiced up with a shake of Cajun seasoning.

Serves: 1

Nutrition per serving:

376 kcal, 49g protein, 35g carbs, 5g fat, 5g fibre

Ingredients:

- 2 tbsp low-fat natural yoghurt
- 1 garlic clove, crushed
- 2 tsp Cajun seasoning
- 150g chicken breast, skinned and boned
- 100g sweet potato, cut lengthways into wedges (skin on)
- freshly ground black pepper
- large handful watercress or rocket
- 4 spring onions, sliced
- 4 cherry tomatoes, halved
- ½ red pepper, chopped
- 1 tsp oil-free vinaigrette dressing
- 1 tbsp balsamic vinegar

Method:

1. Preheat the oven to 200°C, gas mark 6.
2. In a bowl, mix the yoghurt, garlic and half the Cajun seasoning. Add the chicken and coat evenly, Then place the chicken in a foil-lined grill pan, spoon over any remaining yoghurt mix from the bowl and cook under a hot grill for 15-20 minutes, turning halfway through, until the chicken is cooked right through.
3. Place the sweet potatoes on a baking sheet, sprinkle with the black pepper and the rest of the Cajun seasoning, and bake for 15-20 minutes, until tender.
4. Meanwhile, mix the salad leaves, spring onions, tomatoes and red pepper with the vinaigrette and balsamic vinegar, and season. Serve with the chicken and wedges.

Tips:

- Instead of serving with wedges, make a salad as above and mix in 3 heaped tbsp canned beans of your choice.