

Honey Ginger Chicken, Sweet Potato Fries, Corn On The Cob



Ingredients

- 1.5kg chicken pieces (thighs, legs, drumsticks)
 - 50g flour
 - $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp ground ginger
 - $\frac{1}{4}$ tsp pepper
 - 100ml honey
 - 80ml soy sauce
- 1 tsp of chilli flakes
- 4 corn on the cob
- 4 tbsp melted butter

For the sweet potato fries:

- 2 sweet potatoes
- 1 $\frac{1}{2}$ tablespoon brown sugar
 - 2 tablespoons oil
 - $\frac{1}{2}$ teaspoon salt

Methods

1. Heat the oven to gas mark 6 or 200c.
2. Mix the flour, salt, $\frac{1}{2}$ the ginger and pepper together.
3. Coat the chicken pieces thoroughly with the mix.
4. Bake uncovered on a baking tray for 20 minutes.
5. Turnover and bake for another 20 minutes.
6. Mix the honey, chilli flakes, soy sauce and remaining ginger together.
7. Pour the honey mixture over the chicken.
8. Return to the oven for 15 minutes - basting every 5 minutes.
9. Cook the corn on the cob in a pot for 10 minutes until tender and then coat in the melted butter.
10. Serve the thighs and corn with the sweet potato fries.

Let's make sweet potato fries

1. Peel then cut the sweet potato horizontally as thick or thin as you'd like your sweet potato fries to be.

2. In a large bowl, mix the olive oil, brown sugar and salt until everything is well combined.

3. Toss in the cut sweet potatoes and mix around using your hands or a spoon until all the sweet potatoes are well coated.

4. Air fry at 200°C for 10-12 minutes, or until they turn golden in colour. Or cook in the oven at 200c for 20 minutes.