

Chicken, Broccoli & Sweet Potato Fries

Per Portion
309 Calories
26g Protein
23g Carbs
12.75g Fat



Ingredients

- 500g chicken breast, diced
- 1 large broccoli, cut into small florets
 - 1 onion, sliced thick
 - 3 tablespoons oil
- 1/2 teaspoon garlic powder
- 1 tablespoon fresh ginger, minced
 - 1 tablespoon soy sauce
- 1 tablespoon vinegar (rice wine, white wine, red wine, cider - any will do)
 - 1 teaspoon sesame oil
- 2 teaspoons hot sauce (optional)
 - 1/2 teaspoon salt, or to taste
 - Black pepper, to taste

For the sweet potato fries:

- 2 sweet potatoes
- 2 tablespoons oil
- 2 tablespoons paprika

Method

- 1.** Make the marinade: In a bowl, combine the oil, garlic powder, minced ginger, soy sauce, rice vinegar, sesame oil, optional hot sauce, salt, and black pepper.
- 2.** Place the diced chicken in one bowl and the broccoli florets and sliced onions in another bowl.
- 3.** Divide the marinade between the two bowls, stirring to coat each ingredient completely.
- 4.** Place just the chicken in the air fryer basket or tray. Air fry at 200°C for 10 minutes.
- 5.** After 10 minutes, add the broccoli and onions to the air fryer with the chicken, making sure to include all the marinade. Continue air frying at 200°C for another 8-10 minutes, or until the chicken is cooked through. Remember to stir halfway through cooking to ensure even cooking of the broccoli.
- 6.** Add additional salt and pepper to taste.

Let's make the sweet potato fries:

- 1.** Peel the sweet potatoes, then cut them horizontally into your desired thickness for the fries.
- 2.** In a large bowl, mix the oil and paprika until well combined.
- 3.** Toss the cut sweet potatoes into the bowl and mix them around using your hands or a spoon until all the sweet potatoes are well coated.
- 4.** Air fry the sweet potato fries at 180°C for 10 minutes, then give them a good shake. Increase the heat to the maximum (e.g., 240°C) and air fry for an additional 4 minutes.