

Roast Chicken, Sweet Potato Fries & Salad

Per Portion

430 Calories

34g Protein

12g Carbs

27g Fat



Method

1. Pat the whole chicken dry with a kitchen towel.
2. In a bowl, mix together the yoghurt, oil, lemon juice, garlic powder, paprika, black pepper, and dried rosemary until well combined.
3. Brush or rub the yoghurt mixture all over the chicken, making sure to coat it thoroughly, including inside the cavity and under the skin. Gently lift the skin from the breast or thigh area to apply the marinade underneath.
4. Place the seasoned chicken in the air fryer basket at 190°C for 45 minutes. Flip the chicken every 15 minutes to ensure even cooking. If you have a rotisserie air fryer, place the chicken on the spit and let it rotate slowly for 45 minutes.
5. Once cooked, remove the chicken from the air fryer and let it rest for 10-15 minutes before carving.
6. Serve the roasted chicken with a side of sweet potato fries and salad.

Note: Save 300g of chicken for Hunters chicken later in the week.

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, combine the oil and paprika, mixing well.
3. Toss the cut sweet potatoes in the bowl, using your hands or a spoon to ensure they are evenly coated with the oil and paprika mixture.
4. Air fry the sweet potato fries at 180°C for 10 minutes. Give them a good shake to ensure even cooking. Increase the heat to the maximum (e.g., 240°C) and air fry for an additional 4 minutes, until they are crispy and golden brown.

Ingredients

- 1.5kg whole chicken
- 4 tbsp yoghurt
- 3 tbsp oil
- 3 tbsp lemon juice
- 1 tspn garlic powder or granules
 - 1 tspn paprika
 - 1 tspn black pepper
 - 1 tspn dried rosemary
 - Bag of salad

For the sweet potato fries:

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