



BBQ CHICKEN SLAW BOWL

Prep: 10 min

Cook: 8 min

Servings: 4

Ingredients

- ▲ 800 g sweet potato or potato
- ▲ 4 tbs Greek or natural yoghurt
- ▲ 1 tbs mayonnaise
- ▲ 1 tbs Dijon mustard
- ▲ 2 tbs lemon juice
- ▲ 400 g shredded coleslaw (no dressing)
- ▲ 400 g cooked chicken
- ▲ 4 tbs barbecue sauce
- ▲ 1 tsp smoked paprika
- ▲ 1 cup frozen corn kernels, defrosted
- ▲ 4 pickled cucumbers or gherkins

Make it vego: try black beans or tofu instead of chicken.

Method

1. Scrub sweet potato and use a fork to prick at least a dozen times. Place in a bowl and cover with a plate. Microwave on HIGH for 3-4 minutes, turn over and cook another 3-4 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato - steam will burn!
2. While sweet potato is cooking, mix the yoghurt, mayonnaise, mustard and lemon juice in a large bowl. Add the coleslaw vegetables and mix together.
3. Divide the chicken, BBQ sauce and smoked paprika between serving bowls and toss to coat. Add the corn and pickles to each bowl, then add the dressed slaw and cooked sweet potato.

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EASY POPCORN

Prep: 2 min
Cook: 2 min
Servings: 2

Ingredients

- ▲ 2 tbs popping corn
- ▲ Olive oil spray
- ▲ Flavour additions (see below)

SPICY PARMESAN

- ▲ 1 tbs grated dried parmesan
- ▲ ½ tsp smoked paprika
- ▲ Small pinch cayenne pepper

ZINGY CITRUS

- ▲ 1 ½ tsp icing sugar
- ▲ ⅓ tsp citric acid
- ▲ ½ tsp citrus zest

SPICED CHOC

- ▲ 1 tsp icing sugar
- ▲ ½ tsp ground cinnamon
- ▲ 2 tsp cocoa
- ▲ Small pinch cayenne pepper

VEGAN CHEESE

- ▲ 1 tbs nutritional yeast flakes
- ▲ ⅓ tsp reduced-salt stock powder
- ▲ ½ tsp garlic powder
- ▲ ½ tsp dried oregano
- ▲ Small pinch pepper

Method

1. Put popping corn in a paper bag and fold down the top a couple of times.
2. Microwave on HIGH for about 2 minutes or until most of the corn has popped (if there's 3 or 4 seconds between popping noises, it's probably done)
3. Be careful when opening the bag, the steam will be hot!
4. Lightly spray the popcorn with oil.
5. Add the flavouring ingredients and shake to mix.

Storage: Put in a sealed container on the bench for up to 3 days.