

# MEAL FOR ONE

## Spicy Chicken Skewers

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This is my favorite recipe to make after a busy day. You only need four main ingredients - chicken, yoghurt, coleslaw mix and a sweet potato. You can use any of the herbs and spices you have in your pantry to flavour your chicken skewers and no mayonnaise needed in the coleslaw, that's where a dollop of Greek style yoghurt comes in!

### Nutritional information

	Average Quantity Per Serving	Average Quantity Per 100g
Energy (kJ)	2070kJ (495Cal)	450kJ (107Cal)
Protein (g)	55.2	12.0
Fat total (g)	12.1	2.6
– Saturated (g)	3.2	0.7
Carbohydrate total (g)	34.1	7.4
– Sugars (g)	20.6	4.5
Dietary Fibre (g)	13.6	2.9
Sodium (mg)	161	35

### Ingredients

- 2-4 chicken tenderloins (or half a chicken breast, cubed)
- 1 small sweet potato, peeled and sliced into thick slices
- 200g coleslaw mix
- 1-2 tablespoons Greek Style Yoghurt
- 1-2 teaspoons paprika
- 1 teaspoon chilli flakes
- ½ teaspoon curry powder
- Black pepper

### Method

1. Put your chicken in a small mixing bowl and add paprika, curry powder, black pepper and chilli flakes and mix together.
2. Skewer chicken onto 1-2 satay sticks.
3. Using a pan, add a teaspoon of olive oil and cook the skewers.
4. While the chicken is cooking, pre-cook sweet potato in microwave for 1-2 minutes. Season with paprika and then grill in same pan as skewers.
5. Once potatoes and skewers are cooked through, serve with a bed of coleslaw salad and a dollop of Greek style yoghurt.

