THE LIGHTER PLATE METHOD

Baked Sweet Potatoes with Chicken & Jalapeño Slaw

A soft baked sweet potato piled with shredded chicken and a slaw with real heat and crunch.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**45 min**	**60 min**	**4**	**EASY**

Ingredients

- 4 medium sweet potatoes
- 2 cooked chicken breasts (shredded)
- 200 g white cabbage (shredded)
- 1 jalapeño (finely sliced)
- 3 tbsp natural yoghurt
- 1 lime (juiced)
- 1 small handful fresh coriander

Method

1. Heat the oven to 200°C (fan 180°C). Prick the sweet potatoes and bake for 45 minutes, until tender all the way through.
2. Meanwhile, toss the cabbage, jalapeño, yoghurt and half the lime juice together with a good pinch of salt.
3. Warm the shredded chicken through with the remaining lime juice.
4. Split the baked sweet potatoes and top with the warm chicken and a generous pile of slaw.
5. Finish with coriander.

Tips & swaps

- Use a rotisserie chicken to make this even quicker.
- Leave the jalapeño seeds in if you like more heat, or swap for a milder green chilli.

Storage & reheating

The chicken and slaw keep separately in the fridge for 2 days; bake potatoes fresh where possible.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
360	**26g**	**48g**	**6g**	**8g**

Estimated values, for guidance only. Contains: Milk.