



# Lemon Spice Chicken with Crunchy Cabbage Salad

SERVES 4

## INGREDIENTS

4 x 120g chicken thighs, skin and bones removed (females)  
4 x 220g chicken thighs, skin and bones removed (males)  
Olive oil spray  
2 tablespoons paprika (smoky paprika is best)  
½ teaspoon lemon pepper  
½ teaspoon dried oregano  
¼ teaspoon cayenne pepper  
½ teaspoon salt

## CRUNCHY CABBAGE SALAD

¼ red cabbage finely shredded  
1 large carrot, peeled and sliced into thin batons  
2 shallots, sliced  
1 cucumber, seeded and cut into batons  
2 tablespoons lemon juice  
1 tablespoon white wine vinegar  
1 tablespoon extra virgin olive oil

## METHOD

1. Preheat oven to 200°C.
2. Line a baking tray with foil. Lightly spray chicken with olive oil.
3. Combine all dry ingredients in a large snap lock bag. Add chicken and toss until it is well coated.
4. Place the chicken onto the baking tray and bake for 30-35 minutes or until chicken is cooked through. When cold enough to handle, finely slice.
5. Combine with crunchy cabbage salad.

## TO MAKE THE SALAD

1. Place all ingredients in a large bowl.
2. Whisk lemon juice, vinegar and oil together in a small jug and drizzle over salad. Toss to combine.

