



Crispy chicken with raw beetroot relish and apple slaw

PREP TIME 35 minutes, plus 30 minutes standing

COOKING TIME 10 minutes

Walnuts are a terrific source of omega-3 fatty acids and eating a small handful a day helps to reduce blood cholesterol levels. Scattering them in your slaw not only adds texture and interest, but also complements the tanginess of the beetroot relish.

- 1 For the beetroot relish, combine the vinegar, parsley and brown sugar in a glass bowl and stir until the sugar has dissolved. Add the beetroot and stir well. Season to taste with a little sea salt and freshly ground black pepper. Set aside for 30 minutes or longer, stirring occasionally, for the flavours to develop.
- 2 Whisk the egg and 1 tablespoon water in a shallow dish, then combine the oats and psyllium husks in another shallow dish. Pat the chicken dry with paper towel. Put the chicken into a large zip-lock bag with the flour. Shake the bag to coat the chicken.
- 3 Working with one piece of chicken at a time, dip the chicken into the egg mixture, shake off the excess, then dip it into the oat mixture. Press the chicken firmly into the oat mixture to coat well. Place on a baking tray lined with baking paper, cover with plastic film and refrigerate until required.
- 4 For the slaw, place the lemon juice, olive oil, honey and mustard in a jar. Seal with the lid and shake until emulsified. Season to taste. Combine the fennel, celery, cabbage and apple in a large bowl. Drizzle over the dressing and toss to coat, then sprinkle with the walnuts.
- 5 Heat a large heavy-based non-stick frying pan over low–medium heat. Spray the chicken lightly all over with olive oil and cook for 4–5 minutes on each side or until browned and just cooked through. Be careful of the temperature; the chicken needs to be cooked slowly so that it cooks through and the crust doesn't burn, so reduce the temperature if necessary.
- 6 Divide the chicken, beetroot relish and slaw evenly among 4 plates, then serve.

The beetroot relish can be made a day or two ahead and stored in the fridge.

SERVES 4

1 large egg, lightly beaten
½ cup (45 g) rolled oats
2 tablespoons psyllium husks
400 g chicken tenderloins
1 tablespoon plain flour
olive oil spray, for cooking

RAW BEETROOT RELISH

2 tablespoons malt vinegar
1 tablespoon chopped flat-leaf parsley
1 teaspoon soft brown sugar
1 beetroot, peeled and grated

APPLE SLAW

2 tablespoons lemon juice
2 tablespoons extra virgin olive oil
2 teaspoons honey
1 teaspoon dijon mustard
1 bulb fennel, shaved
2 celery sticks, thinly sliced on the diagonal
1½ cups (120 g) finely shredded red cabbage
1 green apple, cored and cut into thin slices
2 tablespoons walnuts, toasted

NUTRITIONAL ANALYSIS

	To serve 4 (per serve)
Energy (kJ)	1685
Protein (g)	29
Total Fat (g)	17
Saturated Fat (g)	3
Carbohydrate (g)	25
Fibre (g)	10
Soluble Fibre (g)	3.7
Sodium (mg)	202